



HOW DOES MY BODY REACT TO STRESS?

MUSCOLAR TENSION

The body prepares to fight or flee. You could feel tension or even pain in your muscles or tremble

BREATHING

To absorb more oxygen it goes faster: chest pain, no breath, feeling asphyxiated, blurred sight, dizziness

BLADDER AND GUTS

Fear to lose control
Feeling that you have to go more frequently to the toilet

MORE ALERT

Your brain is focused on the threat: it's easier to lose concentration, sleep poorly, worry/overthink, headache

SWEATING

To cool down your body

HEART BEAT

To get more oxygen: palpitations

STOMACH

Digestion slows down: you might get nauseous, dry mouth, stomach ache

