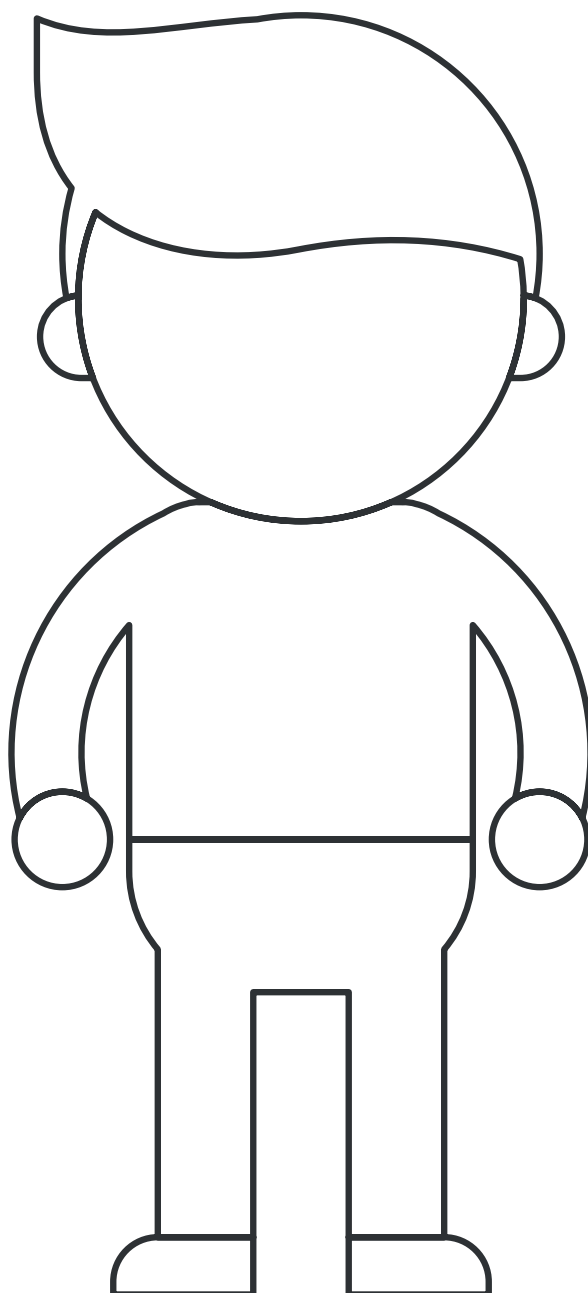


# Feelings body map

When we are stressed our bodies instinctively have hormonal and physical changes that prepare us to cope with threatening situations.

Can you write or draw on this bodymap to show how our bodies might react when we are stressed, scared or upset?



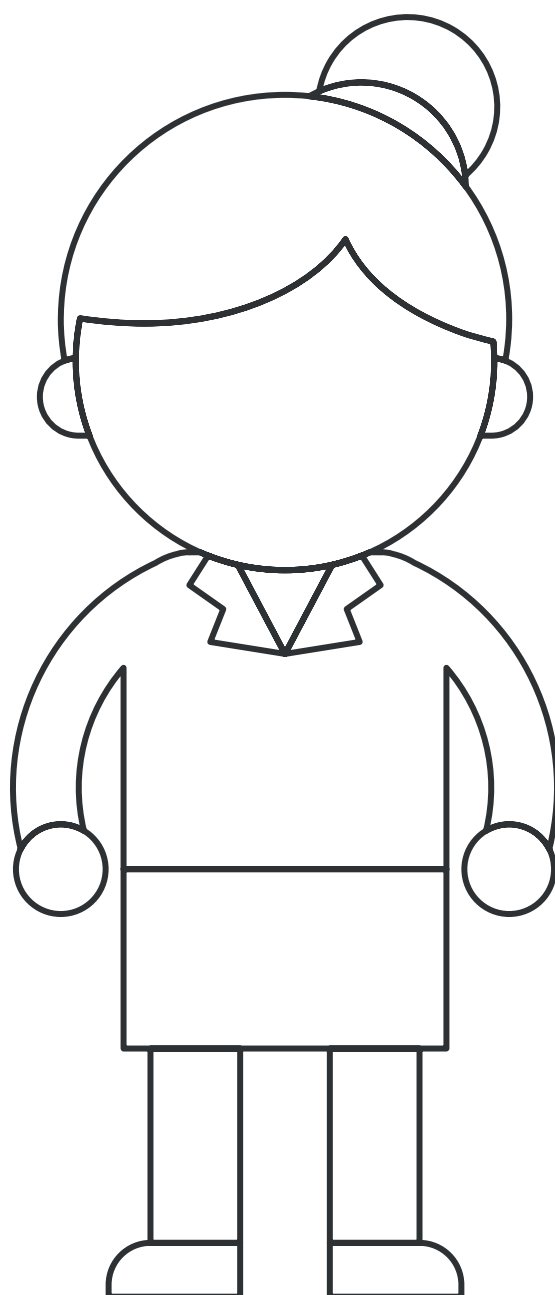
It is completely normal and natural for the human body to react in these ways. In fact if we recognise when these things are happening to our bodies, then they can help us to know that something is not right and we need to seek help.

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# Ideas

- Crying
- Going red
- Facial expressions
- Grit/grind teeth
- Mouth goes dry
- Difficult to speak
- Difficulty listening
- Difficulty concentrating
- Breathing rate increases
- Hyperventilate
- Feeling dizzy
- Feel you can't take a deep breath
- Blood pressure rises
- Adrenalin and noradrenalin are released
- Sphincters close
- Pupils dilate
- Neck and shoulders become tense
- All muscles become tense
- Heart rate increases
- Heart palpitations (feels like it misses a beat)
- Feel 'electric'
- Feel shivery
- Liver releases glucose for energy
- Digestion is disrupted
- Sweating
- Feel hot
- Hair stands on end
- 'Butterflies' in tummy (caused by reduced blood flow to the stomach)
- Feeling sick