

I know when I'm not calm because . . .

(Which apply to you?)

- My chest feels tight.
- I have a headache or feel one coming on.
- My shoulders ache.
- My neck feels stiff.
- I stop breathing.
- My stomach hurts.
- My heart beats rapidly.
- My muscles ache.
- I start sweating.
- My skin feels prickly.
- I feel tense all over.
- I feel like I'm gasping for air.
- My feet curl up.
- My legs cramp.
- I make fists with my hands.
- I feel like I want to run away.
- My mind starts racing.
- I start talking too fast.
- I bite my nails.
- My nerves are jittery.
- My eyes ache.
- My voice rises.
- I feel generally uncomfortable.