



# HOW DOES WORRIED OR SCARED FEEL?

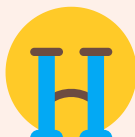
You may experience some or all of these:

Some other words for feeling worried:

anxious  
nervous  
afraid  
upset  
fearful  
scared  
panicked  
frightened  
dread  
terrified  
horrified  
petrified



Clenched teeth / jaw



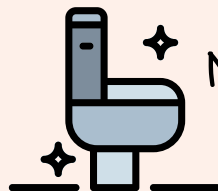
Wanting to cry



Feeling sick / like you might vomit



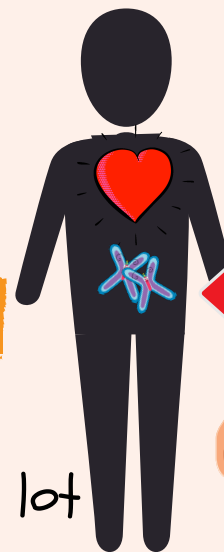
Wanting to **SCREAM!**



Needing the toilet a lot



Feeling hot / clammy / sweaty



Can't think straight / feeling dizzy



Eyes wide open



Heart beating faster

Feeling of butterflies in stomach or stomach ache



Clenched fists / tense muscles in body

Wanting to run away or avoid things



Feeling  
**COLD**

MENTALLY  
★ WELL  
SCHOOLS

