



Handle the body

Below are different **body reactions**.

- (1) Circle the body reactions you **want to feel** with **one ring**.
- (2) Circle the body reactions you **prefer to avoid** with **two rings**.

Heart beats fast	Dizzy	Dry mouth
Thirsty	Headache	Tingling in the stomach
Pressure on the chest	Muscle tension	Itchy
Full in the stomach	Warm skin	Sweating
Tightness in the stomach	Pulsating in the temples	Pressure on the feet
Tired	Wound up	Energetic
Nervous	Cold skin	Relaxed
The heart beats slowly	Nauseous	Dizziness