

Anxiety - the physical response

What happens

After effects of vision sharpening

Body fluid such as saliva redirected into the bloodstream

Airways widen to let in more oxygen

Heart pumps harder to send oxygen and energy to muscles

Liver releases stored energy

Stomach and gut shut down - blood and energy redirected to muscles

Skin sweats to cool muscles

Muscles in use, tense and ready to react faster

Calcium discharged from tense muscles

How it feels

Visual disturbance eg blurring

Dry mouth
Difficulty swallowing

Breathlessness

Palpitations, heart racing

Restlessness

Butterflies
Churning stomach
heaviness

Sweating, redness
maybe cold and clammy

Tension, aches and
pains, shakiness, tremor

Pins and needles

