

BIG Feelings

How Feelings Show Up in Your Body



ANGER

- Increased heart rate
- Flushed face
- Shaking
- Clenched jaw or fists
- Tense muscles

SADNESS



- Fatigue
- Heaviness in chest
- "Heartache"
- Tears
- Sluggish

HAPPINESS



- Warm feeling in chest
- Lightness in body
- Butterflies in stomach
- Increased heartbeat
- Goosebumps



SURPRISE

- Bring hands to mouth
- Flushed face
- Gasping
- Stiffening of body
- Flinching



DISGUST

- Nausea
- Wrinkling nose
- Sticking out tongue
- Covering nose or mouth
- Hunching over

FEARFUL



- Lump in throat
- Trembling
- Sweating
- Feeling weak
- Rapid breathing

These are just some examples. How do you experience these feelings in your body?
