

Possible physical sensations linked to stress and anxiety

Headache



Dizziness



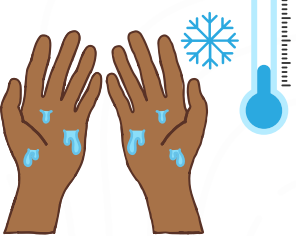
Sweating



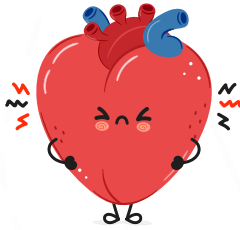
Tight muscles



Lump in the throat



Clammy or cold hands



Pounding heart



Nausea



Stomach ache



Trembling

You may also experience other physical sensations

(Berthiaume, 2017)



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