

Body Cues- Ways to Describe Emotions in Your Body

Head/Face

- Headache
- Feeling Faint/Lightheaded/Dizziness
- Sweating
- Color Change- Face turning white or flushing/blushing
- Trembling Lips and Chin
- Rapid Blinking/Dry Eyes
- Blurred Vision/Spots in Vision
- Rapid Eye Movements
- Rapid Talking/Change in Voice (Louder/Softer, Shrillness, Stuttering)
- Dry Mouth
- Biting Lip

Neck/Shoulders/Throat

- Tightness through Shoulders
- Feeling Stiff
- Hair Lifting/Standing Up
- Lump in Throat
- Difficulty Swallowing/Dry Throat

Arms/Hands

- Sweaty Palms/Clammy Hands
- Jittery/Unsteady Hands
- Cold Hands
- Rigidity in Fingers/Grip
- Increase in Underarm Sweat/Stronger Body Odor
- Jerky Movements/Squirming
- Biting Fingernails

Legs/Feet

- Cold Feet
- Leg Muscle Tension
- Rigidity in Knees/Hips/Ankles
- Jerky Movements/Squirming

Torso/Midsection

- Nausea
- Constipation
- Tightness in Chest
- Heart Palpitations
- Rapid Breathing/Breathlessness
- Stomach Cramps

Back

- Stiffness/ Soreness
- Lower Back Pain
- Tightness in Ribcage/Vertebrae

All Over

- Numbness
- Shaking
- Weakness/Fatigue
- Chills
- Hot Flashes
- Rashes
- Rocking/Self-Soothing Movements
- Muscle Spasms
- Restlessness
- Stiffness/Rigidity in Posture