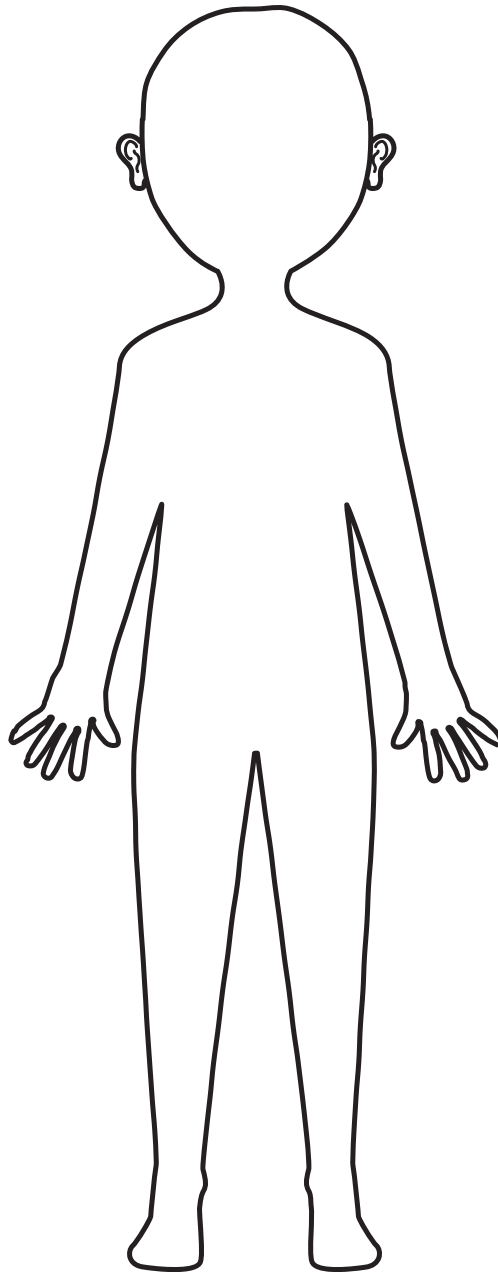


# What Anxiety Looks Like in My Body

If you are feeling anxious or nervous, use this outline of the human body to draw what you are feeling inside. It could be butterflies in your stomach or squiggly lines in your head for racing thoughts. Ask a parent or caregiver to help you talk through your feelings as you draw them.



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