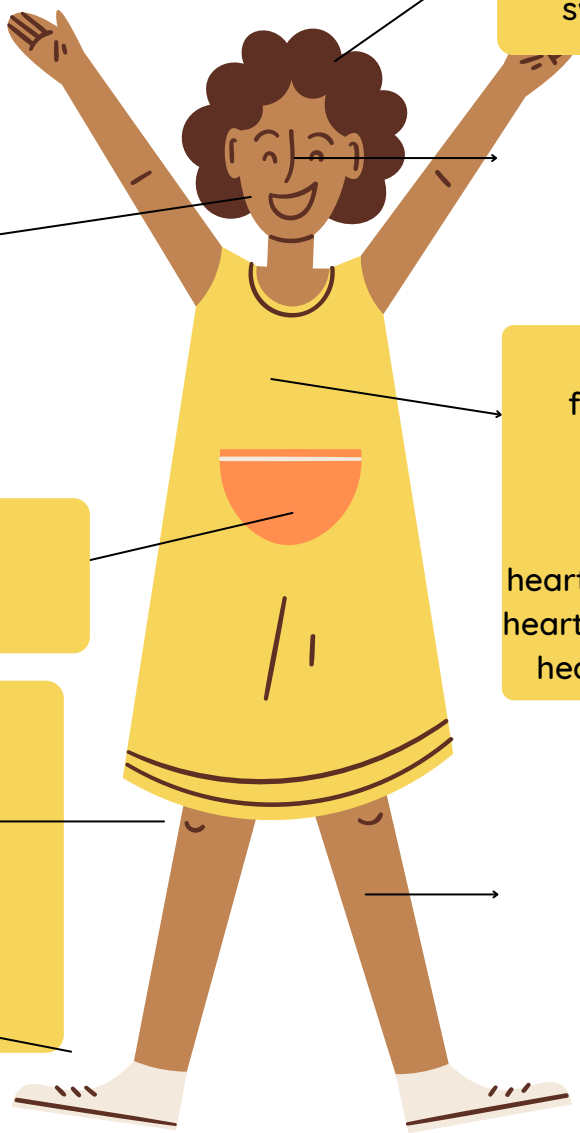
BODY FEELINGS WORDS

neutral tingly open clenched tight loose knotted
heavy swirly itchy fidgety



Eyes feel stingy
blurry or focused

Head can feel buzzy,
neutral, clear, dizzy
swarmy. heavy

Jaw can feel
clenched or tight

Chest
feels tight
fluttery
heavy
open
heart beating fast
heart beating slow
heart stopped

Stomach can feel
fluttery, calm,
neutral, knotted,
nauseous

Legs can feel
heavy, tingly like
they want to run
like they are
stuck
like they are
numb

credit to Dr. Megan Neff for this idea

Flourish
A group for ADHD Women