

Tool for identifying manifestations of anxiety in your body

It would be super practical if anxiety could send us a text message to say that it is on its way... Instead, it sends all sorts of different messages to each person, and it's the body that receives them. So, not to sound too corny, but listen to your body!

Have you ever felt that your body is trying to send you a similar message?

Check the places on your body where you feel stress.



**ANTI-STRESS
BUBBLES**