

My Body Sensations

Feels numb Mind Foggy

Feeling Dizzy

Aches and Pains

Headache

Grinding teeth

Cheeks Rosy

Breathing Fast

Hot flashes

Feeling nauseous

Tummy Hurts

Heart Beats Fast

Hands Shake

Sweaty Hands

Feeling restless

Pins and Needles

Feels cold

Jittery Legs



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