

How Emotions Show Up in the Body – Fact Sheet

Emotions are deeply connected to our physical bodies. Recognizing where and how emotions show up in the body can help us better understand and manage them.

Common Emotions and Their Physical Sensations

Anxiety / Fear

- - Rapid heartbeat
- - Butterflies in stomach
- - Shallow breathing
- - Tension
- - Sweating
- - Dry mouth

Anger

- - Racing heartbeat
- - Flushed face
- - Clenched jaw
- - Fast breathing
- - Tension
- - Heat rising

Sadness / Grief

- - Heaviness in chest
- - Tearfulness
- - Fatigue
- - Lump in throat
- - Stomach ache

Happiness / Joy

- - Smiling

- - Warm chest
- - Lightness
- - Deep breathing
- - Tingling

Love / Affection

- - Warm chest
- - Smiling
- - Urge to connect
- - Calm energy
- - Tingles

Shame / Embarrassment

- - Blushing
- - Slumped posture
- - Nausea
- - Muscle contraction

Guilt

- - Tight chest
- - Knotted stomach
- - Slouched posture
- - Restlessness

Surprise

- - Wide eyes
- - Quick heartbeat
- - Sudden breath
- - Startle response