

YOU'RE NOT "TOO SENSITIVE" — YOUR BODY IS JUST OVERWHELMED.

Sometimes anxiety doesn't start in your thoughts.
It starts in your body.

A tight jaw.
Dry throat.
Cold hands.
A strange pressure in your chest.
Like you're about to take an important exam.

And then your mind tries to explain it:
"What's wrong with me?"
"Am I okay?"
"Why do I feel like this again?"
"What if this is something serious?.."

But what if nothing is wrong with you?

What if your nervous system is just... tired?

We're used to trying to "fix" anxiety with thoughts.
But the body doesn't speak logic — it speaks sensations.

Before you try to control your mind,
try supporting your body instead:

- unclench your jaw
- take a slow exhale (longer than your inhale)
- place your hand on your chest
- notice where your body feels tense
- give your body a moment to feel safe

You don't need to fight yourself.

Sometimes your body isn't the problem.

Sometimes it's the message.

