

What Happens to My Body When I Feel Angry?

When you feel angry, the emotion causes your body to feel different. You may not always feel the same when you are angry, but you may often feel certain things.

Tick the list below for all of the things you have felt when you were angry.

Your heart beat gets faster.

Your body and muscles feel tight.

Your temperature gets higher and you feel hotter.

You feel like you have a headache.

Your stomach starts 'spinning'.

You start sweating.

Your body starts to shake.

You need to go to the toilet more.

You feel sick.

You feel weak and lacking in energy.

You feel like you have more energy and a sudden surge in strength.

