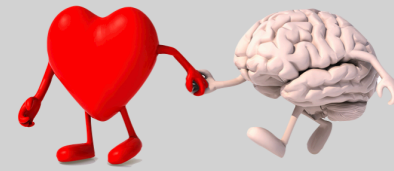


# Body Stabilization Quiz



Check if:

You feel Dizziness or feeling lightheaded`

You feel Shortness of breath

You feel Aches, pains, or tense muscles

You feel Pain, tension or pounding in your chest

You experience Clenched jaw and grinding teeth

You experience Upset stomach, including diarrhea, constipation, and nausea

You experience Sweating

You experience Dry mouth and difficulty swallowing

You experience Nervousness and shaking

You feel Aches, pains, or tense muscles

You feel Rapid heartbeat, Palpitations

Number of boxes checked

Please take time to consider practising this activity to help you stabilise yourself through your body : [cardiac coherence](#)

