When I feel Nervousxited
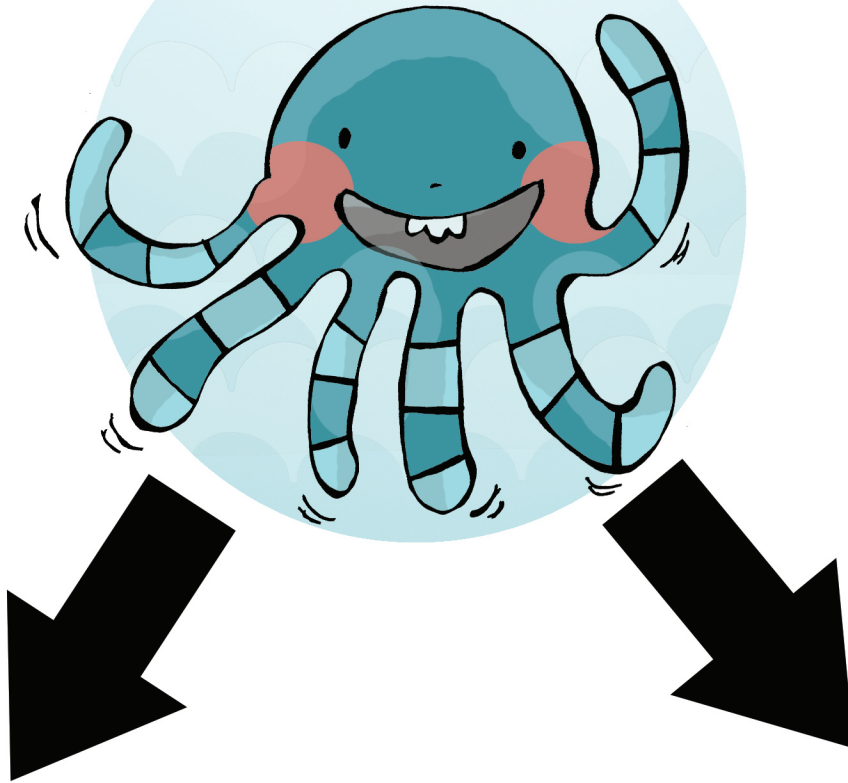
This is what it feels like for me:

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This is what I can do about it:

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