

You might want to try some of these phrases when you are talking about feelings of **worry**.

**being nervous**

be a bundle of nerves  
have butterflies in your stomach  
be like a cat on hot bricks

be jittery  
have kittens  
be on edge

**being worried**

be at the end of your tether  
be in a stew  
be worried to death  
go out of your mind  
sweat it out  
wait with bated breath

be beside yourself with something  
be stressed out  
be worried sick  
have something on your mind  
tear your hair out over something  
be on tenterhooks