

Anxiety Bundle

WHAT YOU SEE



SCATTERED



NERVOUS



CRYING



ON EDGE



SPACED OUT



IRRITATED AND FIDGETY

WHAT YOU DON'T SEE



PANIC



RACING HEART



HOPELESS



WORRY



EMBARRASSED



GRIEF

NUMB



NO!



SHAME



HEADACHES



GUILT



CONCENTRATION DIFFICULTIES



RUN DOWN



INTRUSIVE THOUGHTS



SELF-CARE WHEEL

Self-care is vital for survival. Self-care refers to regular practices that help in reducing stress and maintaining or improving physical and mental well-being. Self-care includes anything you do for yourself that makes you feel better or cared for. This self-care wheel identifies aspects of self-care, providing a simple action plan to manage stress and lead a more balanced life.

Sleep

There is a strong link between sleep and mental health, as inadequate sleep leads to frequent mental distress. A good night's sleep fosters both mental and emotional resilience. It is recommended that healthy adults get 7 to 9 hours of sleep per night.

Nutrition / Exercise

Exercise strengthens mental health. It releases chemicals like endorphins and serotonin, which enhance mood. Better quality diets are consistently linked with a reduced risk of depression.

Social Interaction

Social connection is a powerful resource for self-care. It involves having healthy, supportive relationships that make you feel appreciated and provide a sense of belonging.

SELF-CARE

Gratitude

Gratitude is an effective tool for self-care. Practicing gratitude allows time for reflection on things that are valued and appreciated. Research shows that practicing gratitude daily can increase mental well-being.

Hobbies/Interests

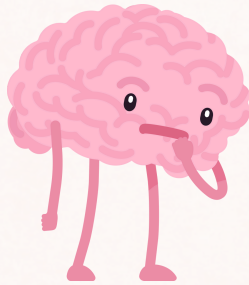
Spending time on activities you enjoy, such as painting, art, knitting, or crochet, helps elevate mood and reduce stress levels.

Boundaries

Setting personal boundaries is a key part of self-care, helping you respect your emotional, psychological, and physical needs.

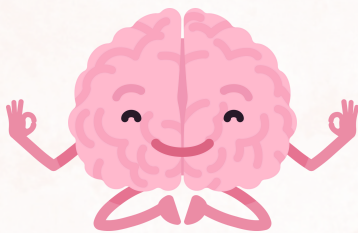


THE FIGHT OR FLIGHT RESPONSE



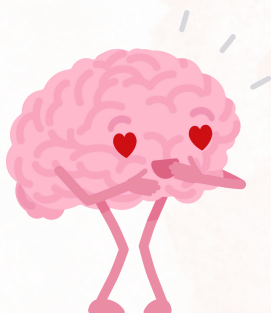
**FRONTAL LOBE
'THINKING BRAIN'**

Temporarily goes "**offline**," so the energy usually used by the brain is redirected to other body systems to ensure safety.



**BRAIN STEM
'SURVIVAL BRAIN'**

Prioritizes survival functions, such as increasing heart rate to pump more oxygen to the body, essential for fighting or running away. This extra energy goes to your limbs to help you move faster and with greater strength.



**LIMBIC SYSTEM '
EMOTIONAL BRAIN'**

Emotions become highly intense, serving as a warning system to quickly respond to danger and threats.