

THE ANXIETY ICEBERG

WHAT YOU SEE

IRRITATED AND FIDGETY



SCATTERED



SPACED OUT

ON EDGE



NERVOUS



CRYING



NUMB



HOPELESS



CONCENTRATION DIFFICULTIES



HEADACHES

GRIEF



GUILT



RUN DOWN

RACING HEART



WORRY



INTRUSIVE THOUGHTS



WHAT YOU DON'T SEE

SHAME

EMBARRESSED

PANIC



SELF-CARE Wheel

Self-care is an essential survival skill. Self-care refers to things we practice or engage in regularly to reduce stress and maintain or enhance our physical and mental well-being. Self-care is anything you do for yourself that makes yourself feel better or cared for can be considered self-care.

This self-care wheel identifies various aspects of self-care that offer a simple action plan to manage stress and help you lead a more balanced everyday life.

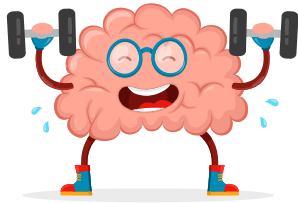


THE FIGHT OR FLIGHT RESPONSE



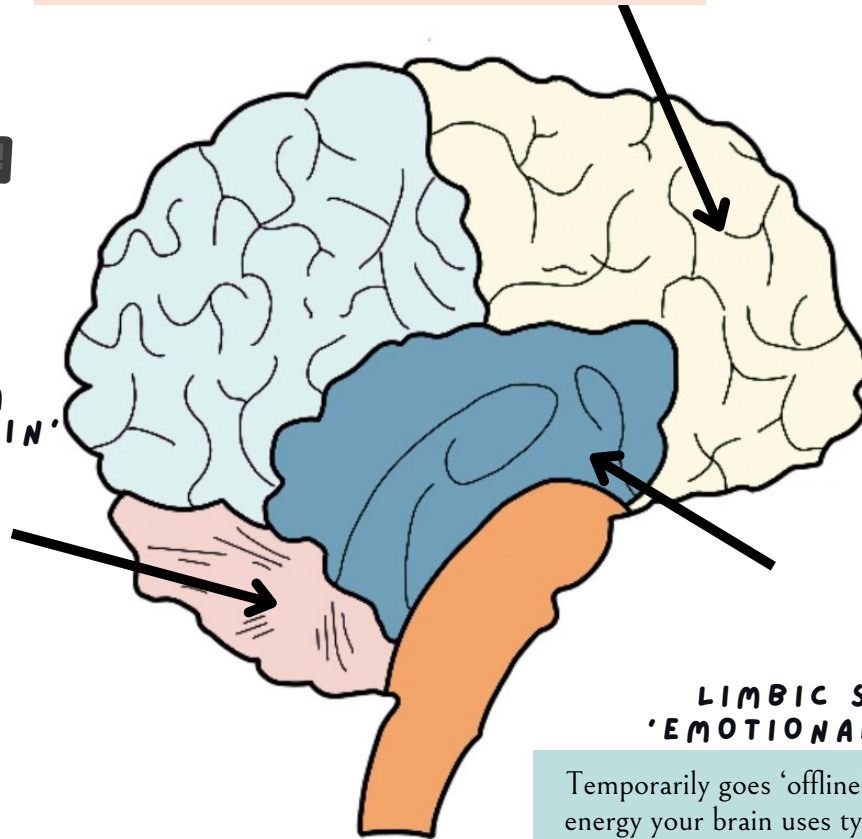
FRONTAL LOBE 'THINKING BRAIN'

Prioritizes your survival functions, such as your heart beating faster. So that you can breathe in more oxygen, which is essential if you need to fight or run away; more energy makes its way to your limbs so you can run faster and be more robust.



BRAIN STEM 'SURVIVAL BRAIN'

Your emotions become extremely intense and act as a warning sign to help us quickly respond to danger and threats.



LIMBIC SYSTEM 'EMOTIONAL BRAIN'

Temporarily goes 'offline' – so that the energy your brain uses typically is now prioritized to other body systems to help keep you safe.

