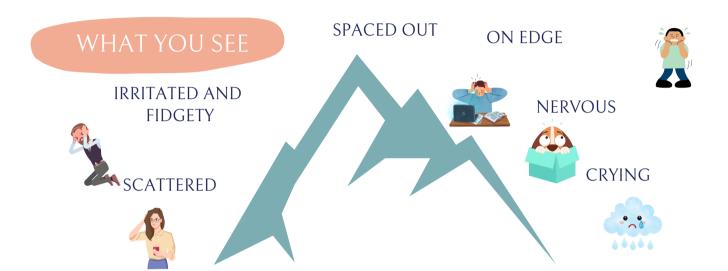


THE ANXIETY **ICEBERG**





NUMB



HOPELESS



CONCENTRATION **DIFFICULTIES**



HEADACHES



GUILT



WORRY







WHAT YOU

SHAME

EMBARRESSED



PANIC



RUN

DOWN

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.

Sleep

There is a close connection between sleep and mental health as inadequate sleep is associated with an increase of frequent mental distress. A good night's sleep helps foster both mental and emotional resilience. It is recommended that healthy adults need between 7 and 9 hours of sleep per night.

Social Interaction

Social connection is a fantastic resource for your self-care. Social self-care means having loving, healthy, and supportive relationships. It makes us feel appreciated and gives us a sense of belonging.

SELF-CARF

Hobbies/ Interests

Spending time doing something that you enjoy such as painting, art, knitting, crochet or any activity that brings you pleasure will help increase your moods and lower your stress levels.

Gratitude

Gratitude is a highly effective resource for self-care. Practicing gratitude is one way we can take time to reflect on the things that we value and appreciate. Research indicates that by practicing gratitude daily you can increase your mental well being.

Boundaries

Nutrition

/Exercise

Exercise helps strengthen ones mental

health. Exercise releases chemicals like

endorphins and serotonin that improve

your mood. Additionally, better quality

diets are consistently associated

with reduced depression

risk

Setting personal boundaries is an important part of your own self care and can help you honour and respect your own emotional, psychological and physical needs.

THE FIGHT OR FLIGHT RESPONSE



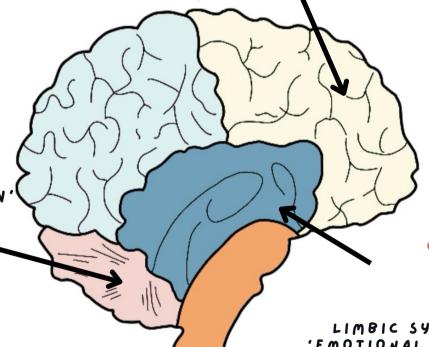
FRONTAL LOBE THINKING BRAIN'

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.