

# Anxiety is more than just Worrying



## What is Anxiety?

Worry is a feeling of unease, fear, or nervousness when thinking about unpleasant things. It is a form of thinking, usually focused on something that might occur in the future, leaving you feeling frightened, nervous, or anxious. Some people refer to it as worry, anxiety, or stress. While everyone experiences these feelings, if you find yourself worrying more frequently or feeling unable to stop thinking about your concerns, leaving you upset, it may indicate anxiety. The distress caused by anxiety often interferes with a person's ability to live a typical daily life. For instance, they may feel very nervous about the potential dangers of what could happen in certain situations, leading to constant fear, feeling frozen, stressed, and overwhelmed. Anxiety disorders include phobias, panic disorder, social anxiety, and generalized anxiety disorder.

## HAVING ANXIETY IS NOT

## A SIGN OF WEAKNESS

ANXIETY IS COMMON BUT CHRONIC ANXIETY CAN NEGATIVELY IMPACT HOW YOU THINK, HOW YOU FEEL, AND HOW YOU BEHAVE.



### BODY

Stomachaches, cramps, constipation, fatigue, aches and pains, weakened immune system, weight fluctuations.



### THOUGHTS

Bias perception, unhelpful thinking, fearfulness, extreme worrying, difficulty concentrating, worrying about the future. "What if?"



### BEHAVIOR

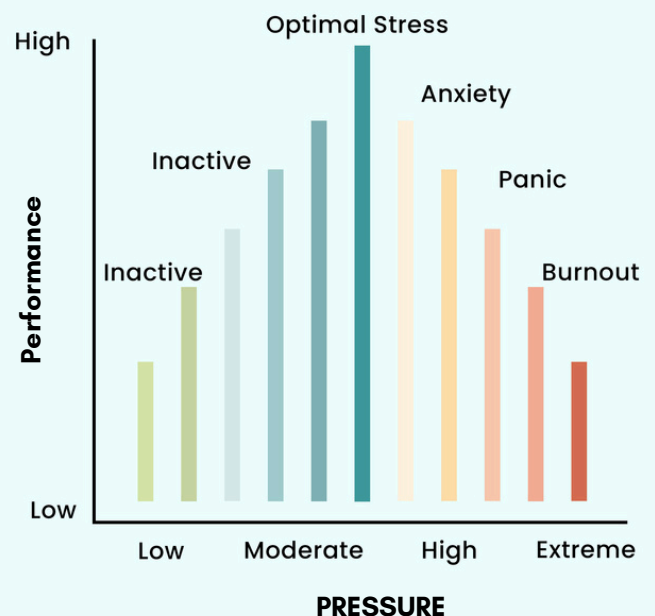
Staying inside often, losing interest in activities, withdrawing from people, feeling unable to go to work, or avoiding certain places.

## WHAT'S WEIGHING YOU DOWN?

- STRESS
- SHAME
- NERVOUSNESS
- NEGATIVITY
- ANXIETY
- FEAR
- GRIEF
- RELATIONSHIPS
- GUILT
- HOPELESSNESS
- PAIN
- WORK

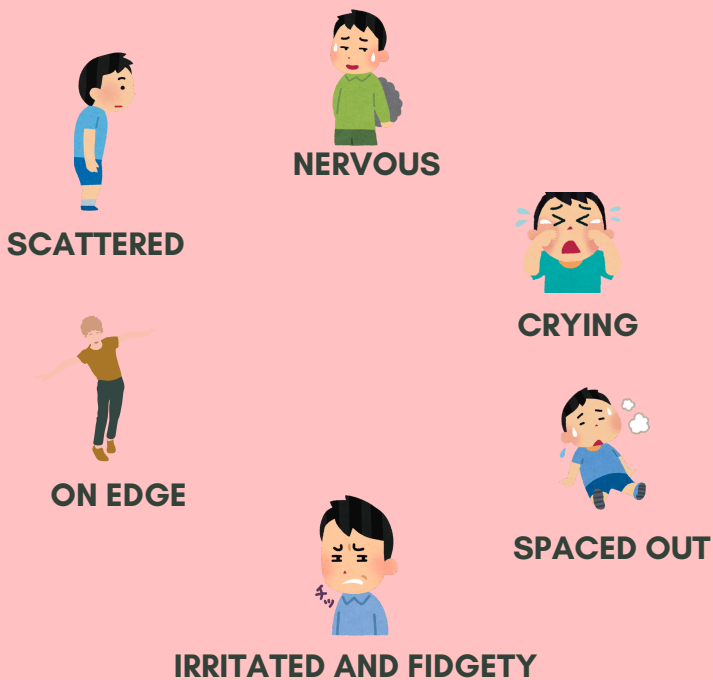
## THE STRESS CURVE

CHECK-IN WITH YOUR STRESS LEVELS BEFORE YOU BURNOUT

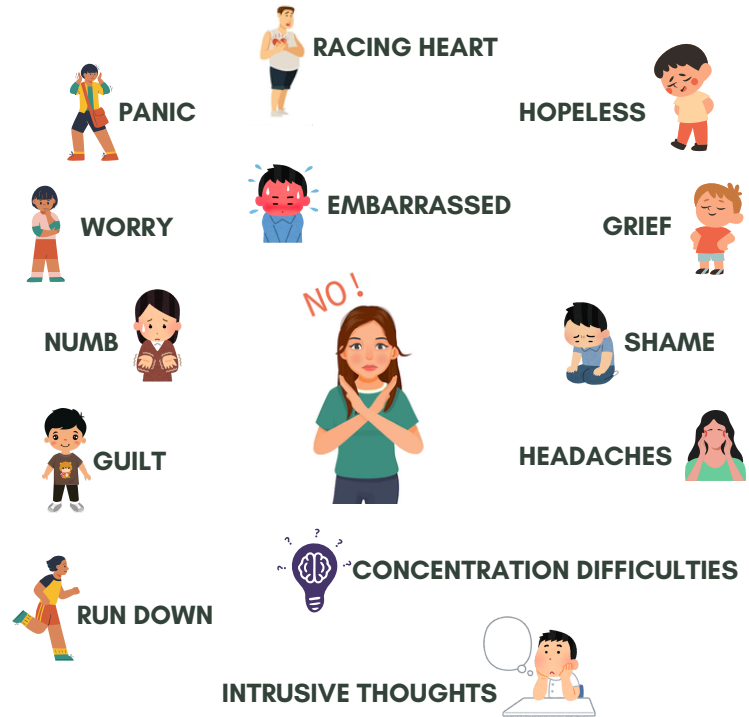


# THE ANXIETY ICEBERG

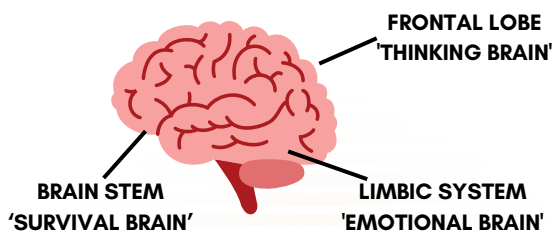
## WHAT YOU SEE



## WHAT YOU DON'T SEE



## THE FIGHT OR FLIGHT RESPONSE



### SURVIVAL BRAIN

- Prioritizes survival functions, such as increasing your heart rate to allow more oxygen intake, which is crucial when you need to fight or run.
- More energy is directed to your limbs, allowing you to run faster and be stronger.

### EMOTIONAL BRAIN

- Emotions become extremely intense, serving as a warning signal to help you quickly react to danger and threats.

### THINKING BRAIN

- The "thinking brain" (prefrontal cortex), which manages reasoning, decision-making, and problem-solving, temporarily shuts down during high-stress situations as the brain prioritizes survival.
- Control shifts to the amygdala, which triggers quick, instinctive reactions like fight, flight, or freeze, ensuring immediate safety but limiting logical thinking until the danger subsides.
- Temporarily goes 'offline,' as the energy usually directed toward thinking is now used by other body systems to ensure your safety.

Gita Sawhney - Licensed Mental Health Counselor

## WINDOW OF TOLERANCE

### HYPERAROUSAL

- Feelings of extreme anxiousness, possibly with panic attacks.
- Feel overwhelmed and out of control.
- Want to fight or run away?



### CAN'T CALM DOWN

### WAYS TO SHIFT FROM A FIGHT OR FLIGHT STATE

Engage in mindfulness exercises, and recognize the aroused state you are in. Breathe, pause, and slow down. Increase awareness of your thoughts and body sensations.

### OPTIMAL ZONE

- Feel present, calm, and safe.
- In complete control.



### THINGS THAT CAN EXPAND YOUR WINDOW

- Mindfulness
- Grounding exercises
- Gratitude
- Positive self-talk
- Deep breathing

### SHUTTING DOWN

### HYPOAROUSAL

- Feel physically numb and frozen.
- Feel disconnected and zoned out.
- Lethargic with no energy.



### WAYS TO SHIFT FROM A FREEZE STATE

Notice the sensations of this state. Activate your body through physical movement, stimulate your senses, and connect with others.

<https://gsmentalhealth.com>

## HOW ANXIETY FEELS IN MY BODY



## THOUGHT STOPPING TECHNIQUE



### STOP

Interrupt your negative thinking by firmly saying STOP! Pause what you were doing.



### TAKE A BREATH

Engage in deep breathing techniques to help slow your heart rate.



### OBSERVE

Observe your thoughts, feelings, and behavior. How does your body feel in this moment?



### PROCEED

Mindfully and purposefully move forward with your next activity, taking it one step at a time.

## Mental Exercises



1. Name all the objects you can see in the room.
2. Did you notice anything new?
3. What do you like about this room?
4. What do you dislike about this room?
5. Find an object in the room and think about how you would draw it in your mind.



## RAIN TECHNIQUE

# R

### Recognize what is happening.

Consciously acknowledge your thoughts, feelings, and behaviors affecting you. For example: "I have butterflies in my stomach, and I am feeling nervous."

# A

### Allow life to be just as it is.

Let the thoughts, emotions, and sensations you've recognized simply exist. Pause, and relax your body.

# I

### Investigate with kindness.

Gently ask yourself: What is happening inside me? How am I experiencing this in my body? What am I believing? What does this feeling need from me?

# N

### Non-identification.

You are not defined by emotion. Your sense of self is not fused with any limiting emotions, sensations, or stories.

# ANXIETY

## COPING STATEMENTS

THIS FEELING WILL PASS

MY ANXIETY DOES NOT DEFINE ME

I AM SAFE AND I WILL BE OK

NOT ALL THOUGHTS ARE TRUE FACTS

I CAN COPE. I AM STRONG

JUST KEEP BREATHING

**"Feeling upset about something outside of your control is like sitting on a rocking chair... It gives you something to do, but it doesn't get you anywhere."**

## Things I Cannot Control

So I Can Let Go of These Things

- The past
- What other people believe
- What other people think
- Other people's actions
- The weather
- How people react to my boundaries
- The future
- What others post online
- Predicting what will happen
- My age
- Other people's opinions
- The results of a sports match
- Death

## Things I Can Control

- So I will focus on these areas:
- Who I choose to spend time with
- My personal goals
- Setting and maintaining my boundaries
- What I decide to post online
- My values and beliefs
- The words I speak
- What I choose to say about others
- My actions
- My level of honesty
- My thoughts
- How I use my free time

## REFRAMING THOUGHTS

Our thoughts shape our behavior. Therefore, it is crucial to focus on positive thoughts. Shift negative thinking into more positive and productive thoughts.

Instead of...	Try...
Everyone is going to stare at me	People might look at me because they may like my outfit
What if I make a mistake	
I won't know anyone at the party	
I don't want to do this	
Nobody at school likes me	
I am a failure	
I am going to come last	

## CIRCLE OF CONCERN

### CIRCLE OF CONTROL

#### How reactive people act

Reactive individuals have a large circle of concern and a small circle of control. They spend a lot of time and energy reacting to issues they cannot control, leading to wasted effort.

CIRCLE OF CONCERN

CIRCLE OF CONTROL

#### How proactive people act

Proactive individuals have a small circle of concern and a large circle of control. They focus their time and energy on issues they can control, ensuring their efforts are directed toward areas within their influence.

## ANXIETY COPING STATEMENTS

- THOUGHTS ARE NOT FACTS
- I AM SAFE IN MY BODY
- I TAKE CARE OF MYSELF
- ANXIETY IS NOT ALWAYS A SIGNAL THAT SOMETHING IS WRONG
- MY BRAVERY IS STRONGER THAN MY FEAR
- I NEED TO TRUST THE PROCESS. I AM OK
- I DO NOT NEED TO SOLVE THIS FEELING
- MY FEELINGS ARE NOT ALWAYS RATIONAL
- IF I REMAIN CALM, I CAN OVERCOME THIS
- I AM BRAVE
- I CAN FEEL ANXIOUS AND STILL HANDLE THIS
- THIS FEELING IS A FALSE ALARM. I AM SAFE
- IS THIS THOUGHT IN OR OUT OF MY CONTROL?



### Hands and Toe Awareness



1. Clench your fist tightly as if squeezing a lemon. Feel the tension in your hand and wrist. Repeat slowly 10 times.
2. Rub your hands together quickly, noticing the friction. Do you feel heat? What other sensations do you feel?
3. Place your feet flat on the ground. Wiggle your toes. Feel the movement. Curl and uncurl your toes. Repeat 10 times, focusing on curling each toe individually.

## Take 5 Breathing



1. Stretch your hand out.
2. Use the pointer finger of your other hand to slowly trace around your outstretched hand.
3. As you trace, inhale through your nose and exhale through your mouth.
4. Continue tracing each finger slowly.
5. Repeat this process until you've traced your entire hand.

Continue repeating until you feel calm again.

I am **SMART**

I am **BRAVE**

I am **STRONG**

I can do **HARD THINGS**

I am **LOVED**

I am **IMPORTANT**

I am **CAPABLE**

I am **ENOUGH**

I am **ME**

## SPEAK KINDLY TO YOURSELF



## TYPES OF SELF-CARE

### PHYSICAL

Sleep, stretching, physical activity, healthy eating, and rest.

### EMOTIONAL

Stress management, gratitude, acts of kindness, forgiveness, and compassion.

### SOCIAL

Personal boundaries, support systems, positive social media, and spending time with loved ones.

### SPIRITUAL

Time alone, space, yoga, meditation, mindfulness, connection, and nature.

### PERSONAL

Hobbies, self-identity, and doing things that bring you joy.

### SPACE

Safety, organization, cleanliness, security, and stability.

### WORK

Time management, work boundaries, break time, and learning.

## Neck and shoulder awareness



Sit comfortably and focus on your breath, slowly breathing in and out. The purpose of this exercise is to bring attention to how each part of your body feels.

Begin at the top of your head. Can you feel your hair? What sensations do you notice? Is it touching your face? Are you wearing a hat? Can you feel a hair tie?

Slowly move your attention down to your shoulders.

Do you notice any tension in this area? Do your shoulders feel tight? Take a deep breath and try to relax your shoulders and neck. Gently stretch your neck, turning your head to the left, then slowly to the right.

Continue breathing in and out, repeating the stretches until you feel a sense of calm.

## NOTES TO SELF:



# 5-4-3-2-1

## GROUNDING TECHNIQUE

Take a deep breath and identify:  
5 things you can SEE

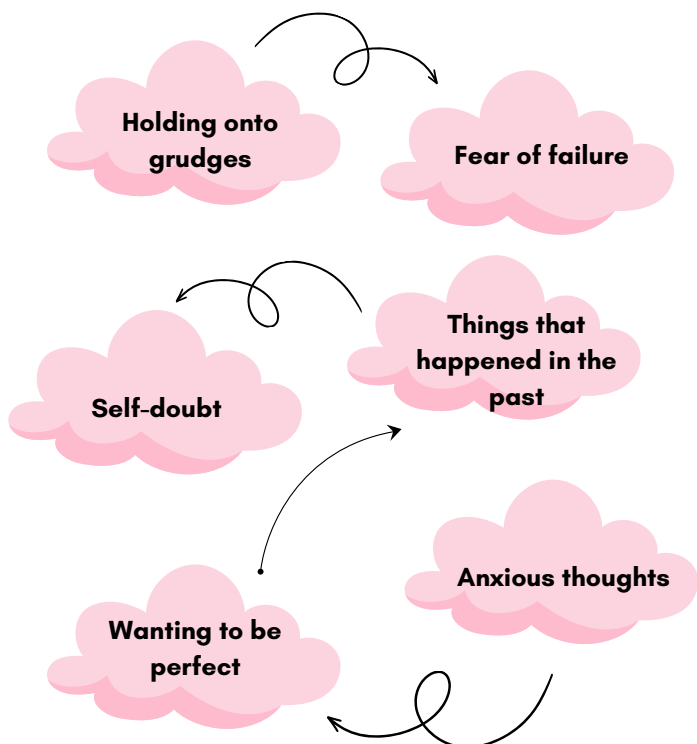
4 things you can FEEL

3 things you can HEAR

2 things you can SMELL

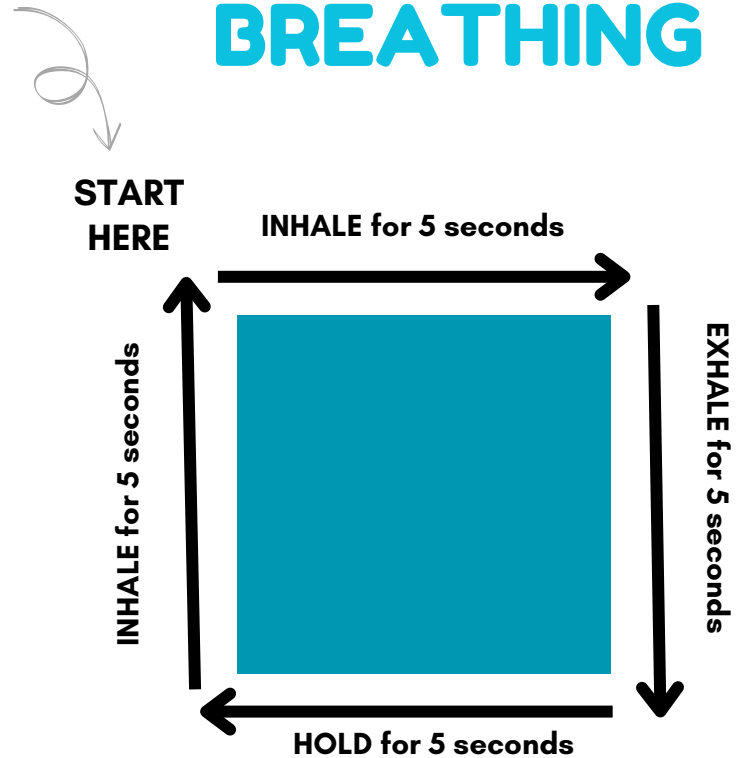
1 thing you can TASTE

## THINGS TO RELEASE:



Gita Sawhney - Licensed Mental Health Counselor

# BOX BREATHING



## Full body stretch

Stand up straight. Place both feet shoulder-width apart.

Find your balance.

Slowly stretch your arms up high, as if you are trying to touch the sky. Stretch so high that you have to stand on your tippy toes.

Wriggle your fingertips and feel the stretch in your toes, calves, back, shoulders, arms, and fingers.

Relax for 10 seconds.

Repeat 10 times or until you feel calm again.

<https://gsmentalhealth.com>

## ANXIETY TRIGGER CHECKLIST:

- Being left alone
- Meeting new people
- Watching scary shows
- School
- Going to the doctors
- Public speaking
- Parents fighting
- Birthday parties
- Playing sport
- Large open spaces
- Being sick
- Violence
- The dark
- Sleeping on my own
- Trying new food
- Going to new places
- Large crowds
- Getting in trouble
- Homework
- Loud noises
- Certain animals
- Watching the news
- Doing a performance in front of others
- Making new friends
- Going in a lift
- Not knowing what the plans are for the day
- Being left out
- Surprises



## THOUGHTS ARE NOT FACTS

Ask yourself these questions:

- Is it completely true?
- Is my thought entirely accurate?
- Can I view my thoughts from a different perspective?
- Are my emotions influencing me to believe my thoughts are facts?



## PUTTING THOUGHTS ON TRIAL



**THE THOUGHT**  What exactly am I worrying about?

### **THE DEFENSE**

Is there any factual evidence that supports my thought being true?

### **THE PROSECUTION**

Is there any factual evidence that suggests my thought might not be true?

### **THE JUDGE'S VERDICT**

Considering all the evidence, can I determine if my thought is likely to happen or not?

**I CAN'T CONTROL  
ANYONE ELSE  
BUT I CAN CONTROL  
MYSELF**

- My Boundaries
- My actions
- My honesty
- My goals
- My values and beliefs
- My thoughts
- How I treat others
- How I treat myself

**ALWAYS BELIEVE THAT  
SOMETHING WONDERFUL IS  
ABOUT TO HAPPEN**

**THIS IS A**

**SAFE SPACE**

**TO BE**

**WHO YOU ARE**

# COGNITIVE DISTORTIONS

## Mental Filter

Focusing only on certain types of evidence. Paying attention to your failures while avoiding recognition of your success.

## Catastrophizing

Seeing only the worst possible outcome of an event or situation. This leads to worries escalating, and thoughts becoming exaggerated.

## Overgeneralizing

Drawing the conclusion that because something happened once, it will keep happening again and again. This is negative thinking based on just 1 or 2 experiences.

## Jumping to conclusions

Assuming you know what others are thinking or predicting the future without evidence.

## Black and White

Viewing things as entirely good or bad, right or wrong, or all or nothing. Black-and-white thinking involves seeing things in extremes. It leads to judging everything you do in terms of success or failure.

## Emotional Reasoning

Believing that just because you feel a certain way, it justifies that your thoughts must be true.

## Should Statements

Thinking that things should be a specific way. Using 'should', 'must', or 'ought' statements aimed at yourself. This type of thinking can cause guilt, shame, and self-loathing.

## Labeling

Assigning labels to yourself or others.  
"I'm unloveable."  
"They are an idiot."

## Blaming

Shifting the blame onto others instead of accepting your mistakes or sharing responsibility. Adopting a victim mentality.

## Personalization

Taking things personally and assuming that others' actions are a direct result of your behavior. You may blame yourself for situations completely outside of your control.

# SELF-CARE

## LOOKS LIKE

- Spending time with family and friends
- Removing toxic connections
- Setting boundaries
- Therapy sessions
- Healthy eating
- Being in nature
- Mindfulness
- Exercising
- Affirmations and journaling

4-7-8

Breathing

**INHALE**  
through your  
nose for 4  
seconds

**HOLD** for a  
count of 7

**EXHALE**  
through your  
mouth slowly  
for 8 seconds

**REPEAT 4  
times**

## Mental exercise

- Spell your name backward. Then spell all of your family members' names backward.
- Count backward from 100.

## Tracing

- Trace the figure eight with your finger.
- Breathe in and out slowly as you trace around the figure eight.
- Breathe in through your nose and out through your mouth.

# GROW YOUR MIND

## FIXED

- I don't think I can do it
- I don't know how to do it
- I don't like challenges
- This is too hard
- I'm not smart enough
- I always make mistakes



## FLEXIBLE

- I'll keep trying
- I'll figure out a different way
- If I keep practicing, it will get easier
- Challenges help me grow
- I'll give it my best effort
- I can learn from my mistakes

# CHALLENGING NEGATIVE THOUGHTS

Am I making assumptions?

Is there another way to look at it?

Are there any other possible outcomes?

Is there evidence for this worry?

What advice would I give to a friend?

Is this worry in or out of my control?

## Practice Gratitude

- Name one good thing that happened today.
- A relationship I am grateful for is...
- A strength of mine is...
- An experience I am grateful for is...
- A place I am thankful for...
- A food I am grateful for...
- Something in nature I am thankful for...

## DEFENSE MECHANISMS

### COMPENSATION

Focusing on strengthening one aspect of yourself to conceal another.

### DENIAL

Refusing to acknowledge a negative behavior in yourself.

### DISPLACEMENT

Redirecting strong feelings onto someone else.

### IDENTIFICATION

Unconsciously adopting another person's behavior pattern.

### INTROJECTION

Conforming feelings to gain approval.

### PROJECTION

Attributing your own negative qualities and faults to others.

### RATIONALIZATION

Justifying and excusing your behavior.

### REACTION FORMATION

Acting in a way that is opposite to your true feelings.

### REGRESSION

Reverting to earlier developmental behaviors to manage stress.

### REPRESSION

Pushing unwanted thoughts and urges out of your conscious mind.

### RITUAL & UNDOING

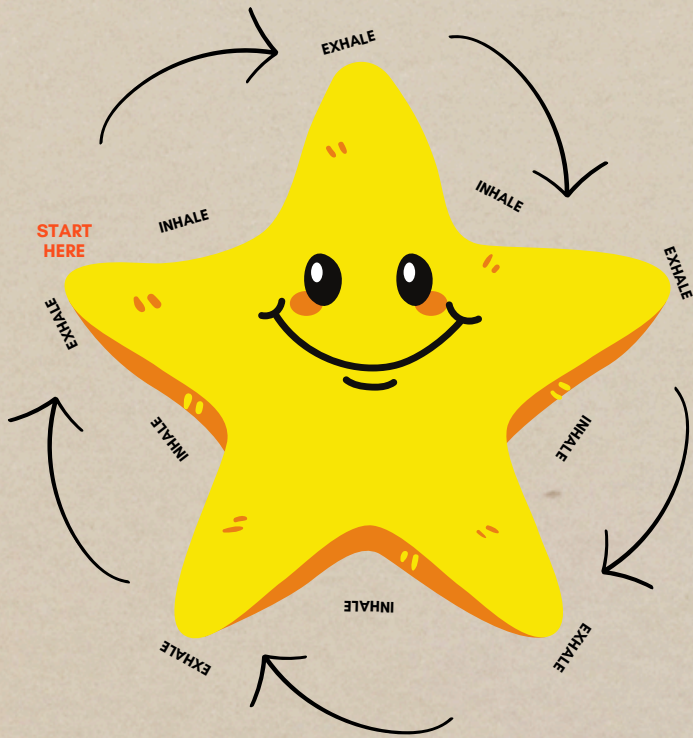
Attempting to cover up negative behavior with positive actions.

### SUBLIMATION

Channeling a negative behavior into something more positively acceptable.



# STAR BREATHING



## Visualize your favorite place

1. What do you see?
2. Where is it?
3. What can you hear?
4. What can you smell?
5. Who is there?
6. What do you like most about this place?
7. When did you go there?
8. When will you go back?



**Close your eyes and imagine holding a feather.**

**Breathe in slowly, filling your belly with air.**

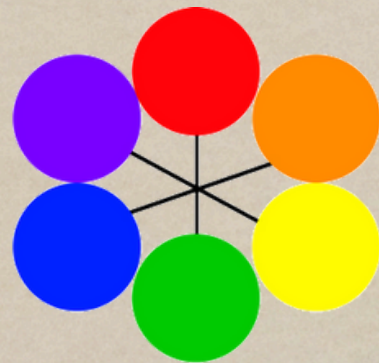
**Blow out slowly through your mouth, watching the feather float away.**



# RAINBOW

## GROUNDING TECHNIQUE

Take a deep breath and identify each of these colors in order.



**Look around. How many items can you find?**



# Imagine you are holding a flower.



**Breathe slowly in through your nose and smell the fresh air. Breathe out slowly through your mouth and watch the petals fly off the flower.**

## EMOTIONAL REMINDERS

**Emotions are like waves. They can be strong and powerful, but they eventually pass.**

**Surf your emotions with mindfulness—observe your breath and notice your thoughts without judgment.**

## SELF-CARE CHECKLIST

- Eat 3 balanced meals
- Get 7 hours of sleep
- Drink plenty of water
- Step outside for fresh air
- Practice mindfulness
- List 3 things you are thankful for
- Brush your teeth

# Emotional Surfing

LEARNING HOW TO RIDE THE WAVE

### ALLOW AND RELEASE:

Release judgments of struggles with thoughts. Breathe deeply.

### ACCEPT

Accept the emotion. What prompted it? Let the feeling be.



### NAME

What is the emotion? What words describe it?

### NOTICE

How do you feel?

### INVESTIGATE

How intense is the emotion? How are you breathing? How does your body feel?

## EMOTIONAL REMINDERS

**Emotions are like waves. They can be strong and powerful, but they eventually pass.**

**Surf your emotions with mindfulness—observe your breath and notice your thoughts without judgment.**

## SELF-CARE CHECKLIST

- Eat 3 balanced meals
- Get 7 hours of sleep
- Drink plenty of water
- Step outside for fresh air
- Practice mindfulness
- List 3 things you are thankful for
- Brush your teeth

- Take a warm shower
- Make your bed
- Read a book
- Listen to your favorite music
- Spend time with friends
- Tidy up a small space
- Take a break from social media
- Ask for a hug
- Spend time with family
- Engage in a hobby
- Write in your journal
- List 5 things you love about yourself
- Do some physical activity
- Wash your hair
- Enjoy a cup of tea
- Take time to do nothing and embrace the calm
- Try something new
- Cook your favorite dish
- Do some coloring

## CHALLENGING NEGATIVE THOUGHTS

Am I assuming things without proof?

Can I view this situation differently?

What other outcomes could happen?

Is there any real evidence for this concern?

What would I tell a friend in this situation?

Can I control this, or is it out of my hands?

## HOW TO RECOGNIZE ANXIETY

IN YOURSELF AND OTHERS

- Forgetfulness
- Avoiding certain situations
- Frequent headaches
- Trouble sleeping
- Seeking constant reassurance
- Delaying tasks
- Fast heartbeat
- Becoming easily frustrated
- Overanalyzing situations
- Excessive sweating
- Digestive problems
- Persistent worrying

### Mental exercise

Recall details about your family members, such as their age, hair color, eye color, hobbies, jobs, interests, and anything else you remember.

#### ANXIETY GROUNDING TECHNIQUE

FIRST, FOCUS ON YOUR BREATHING, THEN IDENTIFY

5  
OBJECTS  
YOU  
CAN  
SEE



3  
SOUNDS  
YOU  
CAN  
HEAR



4  
SCENTS  
YOU  
CAN  
SMELL



2  
ITEMS  
YOU  
CAN  
TOUCH



1  
FLAVOR  
YOU  
CAN  
TASTE



MY  
ANXIETY  
DOES NOT  
CONTROL  
ME

# ANXIETY

## COPING STATEMENTS

THIS FEELING WILL PASS

MY ANXIETY DOES NOT CONTROL ME

I AM SAFE AND WILL BE OK

NOT ALL THOUGHTS ARE TRUE

I CAN HANDLE THIS. I AM STRONG

JUST KEEP BREATHING

## FIND THE LETTERS IN YOUR NAME



Start with the first letter of your name.  
Look around and identify as many things as you can starting with that letter.  
Continue with the rest of the letters in your name.  
Which letter gave you the most items?  
Now, repeat this process with your middle and last name until you feel calm again.

## THINGS THAT CAN TRIGGER YOUR

# TRAUMA

### Sounds

Hearing specific music or noises that recall past trauma

### Situations

Being in an environment where you feel unsafe

### Places

Locations similar to where the trauma happened

### People

Being around individuals linked to or resembling those from your trauma

### Thoughts

Certain memories or thoughts that bring back traumatic experiences

### Smells

Specific smells that can strongly connect to past memories

### Feelings

Feeling unrelated pain that can re-trigger your trauma

### Media

Seeing content on social media, films, or news that resembles your trauma

### Death

The death of someone involved in the trauma can trigger old pain

## I CAN BE CALMER

### STEPS TO HELP YOU COOL DOWN

# C

CAN YOU DESCRIBE HOW YOU ARE FEELING RIGHT NOW?

# A

ASK YOURSELF: WHAT AM I UPSET ABOUT? IS IT A BIG OR SMALL ISSUE?

# L

LISTEN TO YOUR BODY: WHAT ARE YOU FEELING PHYSICALLY?

# M

MAKE A LIST OF THE THINGS THAT BRING YOU JOY

# E

EVERYONE FEELS WORRIED OR UPSET SOMETIMES, AND THAT'S OK

# R

REMEMBER HOW YOU HANDLED THIS BEFORE. YOU ARE STRONG

# THE ANXIETY PYRAMID

## ANXIETY



## THE STAGES OF BEHAVIORAL CHANGE

### PRE-CONTEMPLATION

I only smoke occasionally; it's not a big deal.

### CONTEMPLATION

I admit there's an issue, but I'm not ready to act yet.

### PREPARATION

I am committed to change. "What should I do next?"

### ACTION

I am actively making changes to my behavior using various techniques.

### MAINTENANCE

I can now avoid urges to fall back into old habits.

## THE POWER OF YET

- I HAVEN'T DONE IT YET
- I HAVEN'T GOT IT YET
- TRUST IN THE POWER OF YET
- THIS ISN'T CLEAR YET
- IT HASN'T WORKED YET
- I HAVEN'T UNDERSTOOD THIS YET
- I'M NOT GOOD AT THIS YET

### RELAPSE (Sometimes)

I've slipped back into old patterns. The process starts again.

### TERMINATION

I've quit smoking for good and don't want to go back.

## GROUNDING TECHNIQUE CATEGORIES

SPEND 30 SECONDS NAMING AS MANY ITEMS AS YOU CAN IN EACH CATEGORY

MOVIES

FRUIT

COUNTRIES

SINGERS

COLORS

TV SHOWS

SPORTS

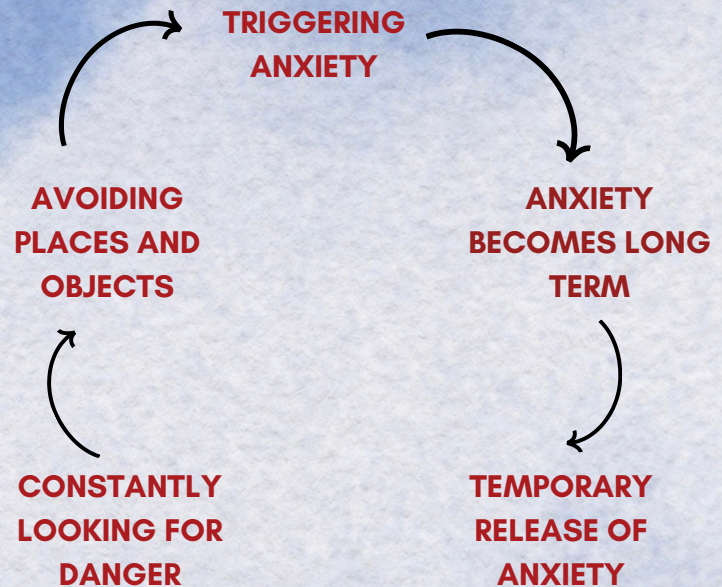
VEGETABLES

SHAPES



# MENTAL HEALTH MATTERS

## UNDERSTANDING THE ANXIETY CYCLE



"You must understand the cycle to break the cycle"

## REVERSING THE ANXIETY CYCLE



"I am able to face my fears and break my anxious cycle"

### Anxiety Scale

#### MINIMAL

- Calm and relaxed feeling
- No physical symptoms are noticeable
- Focus and concentration are easy
- Able to participate in activities without distress

#### MILD

- Slight restlessness or mild discomfort
- Small increase in heart rate or mild stomach sensations
- Minor challenges with focus or concentration
- Occasional worry or feeling nervous

#### MODERATE

- Noticeable worry or nervousness
- Heart rate increase or palpitations
- Difficulty concentrating or staying focused
- Muscle tension or slight trembling
- Sometimes experiencing trouble with sleep

#### SEVERE

- Feeling very distressed, anxious, or tense
- Rapid heart rate or skipped beats
- Significant challenges focusing or concentrating
- Intense muscle tension or trembling
- Difficulty sleeping or staying asleep
- Struggles with making decisions or acting

#### DEBILITATING

- Intense panic or fear
- Fast, pounding heart rate or irregular beats
- Severe difficulty concentrating or focusing
- Frequent panic attacks or strong sense of dread
- Insomnia or major sleep issues
- Avoidance behaviors or extreme distress in certain situations

# THE HAPPY CHEMICALS AND HOW TO ACCESS THEM

## Dopamine



### THE REWARD CHEMICAL

- Completing tasks
- Eating meals
- Engaging in self-care
- Celebrating small achievements
- Reaching set goals

## Oxytocin



### THE LOVE HORMONE

- Interacting with pets
- Sharing physical touch
- Offering compliments
- Performing kind acts for others
- Embracing family members

## Serotonin



### THE MOOD STABILIZER

- Practicing meditation
- Participating in swimming
- Walking through nature
- Spending time in sunlight
- Engaging in mindfulness

## Endorphin



### THE PAIN KILLER

- Laughing
- Watching humorous films
- Eating dark chocolate
- Using essential oils
- Exercising

# CHECK IN

HOW ARE YOU FEELING?

## BREATHE

Center yourself by taking 5 deep breaths.

## FEEL

Observe your body and mind. How are you feeling today?

## THANK

Think of 3 things you are grateful for.

## AFFIRM

Mention 5 positive things you like about yourself.

## NEED

Identify what you need to feel better.

# COMFORT ZONE VS GROWTH ZONE

## Growth Zone

Becoming a better version of yourself

- Purpose in life is discovered.
- Setting new goals.
- Overcoming challenges.
- Living your dreams.

## Learning Zone

Allow curiosity to expand your abilities

- Confidence increases.
- Face new challenges.
- Improve your skills.

## Fear Zone

Fear of the unknown can block change

- Lack of confidence.
- Fear of failure.

## Comfort Zone

Doing what is familiar and routine

- Feel secure and in control.

## VISUALIZING YOUR PEACEFUL PLACE



### Find a comfortable spot.

Sit back and relax. Close your eyes and breathe deeply into your abdomen. Focus on your body at this moment. With each breath, your body relaxes more.

Stress is released with every exhale. Your body becomes limp and comfortable. Tension in your brow softens. The tension in your lips fades.

Pressure in your eyes melts away.

As you reach a state of complete relaxation, think of one of your favorite, peaceful, beautiful places. This could be a familiar place you've visited, like a quiet redwood grove shaded by ancient trees that surround you, or a white sand beach with gentle waves lapping against the shore, and the smell of the sea that feels welcoming. It could also be a place from your imagination, like standing on a swaying bridge and watching a brook flow beneath it, or resting under an ancient oak in autumn as golden leaves drift down around you, and the orange sun sets into the evening.

# IT IS OK TO

**NEED HELP**

**BE DIFFERENT**

**HAVE FEELINGS**

**BE YOURSELF**

**TALK TO SOMEONE**

**NOT BE OK**