

ANXIETY

More than just worrying

What is Anxiety?

A worry is a feeling of unease, fear, or nervousness when thinking about unpleasant things. It is a type of thinking, often about something that might happen in the future, leaving you feeling frightened, nervous, or anxious. Some people call it worries, anxiety, or stress.

Everybody experiences fears; however, if you are starting to feel worried more often or can't seem to stop thinking about your worry, leaving you feeling upset, you may be experiencing anxiety.

The distress from anxiety often interferes with a person's ability to lead an everyday life. For example, they often feel very nervous about the potential dangers of what could or might happen in certain situations, leaving them feeling constant fear, frozen with fear, stressed, and overwhelmed.

Anxiety disorders include phobias, panic, social, and generalized anxiety disorders.

HAVING ANXIETY IS

NOT

A SIGN OF WEAKNESS

ANXIETY IS A REAL ILLNESS THAT NEGATIVELY AFFECTS HOW YOU THINK, THE WAY YOU FEEL, AND HOW YOU BEHAVE.

BODY

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

THOUGHTS

Bias perception, unhelpful thinking, fearful, extreme worrying, having trouble concentrating, worrying about things in the future. "What if?"

BEHAVIOR

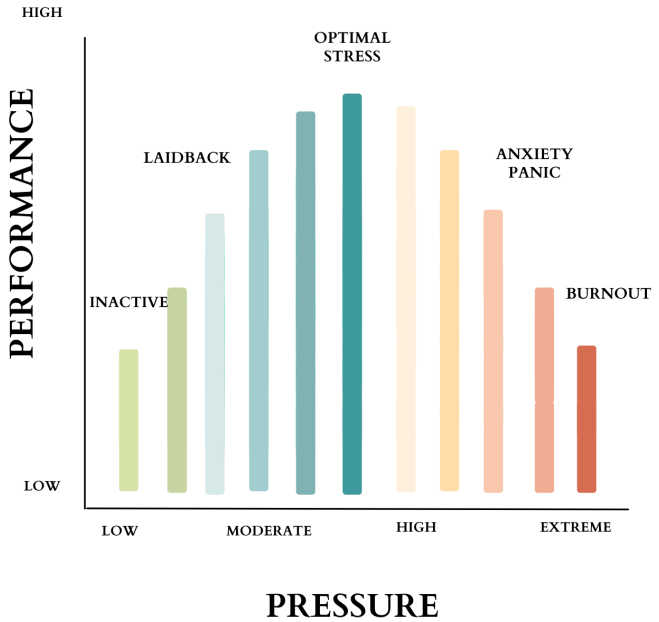
Staying inside a lot, loss of interest in activities, withdrawal from people, feel unable to go to work, or avoid certain places.

JOURNEY TO SEEING A THERAPIST

1. I'm sure these feelings will just go away
2. I'll avoid situations that give me these feelings
3. My problem is getting worse
4. I'll try to control my surroundings better
5. Everything is getting much worse
6. I don't feel like myself, everything is getting worse
7. Relying just on my support network isn't enough
8. Friends and family tell me that they are concerned
9. Accept that I need to see a therapist
10. Therapist BOOKED

THE STRESS CURVE

CHECK IN WITH YOUR STRESS LEVELS BEFORE YOU BURNOUT



THE ANXIETY ICEBERG

WHAT YOU SEE

SPACED OUT

ON EDGE

IRRITATED AND FIDGETY

NERVOUS

SCATTERED

CRYING

WHAT YOU DON'T SEE

NUMB

WORRY

HOPELESS

INTRUSIVE THOUGHTS

CONCENTRATION DIFFICULTIES

RUN DOWN

HEADACHES

SHAME

GRIEF

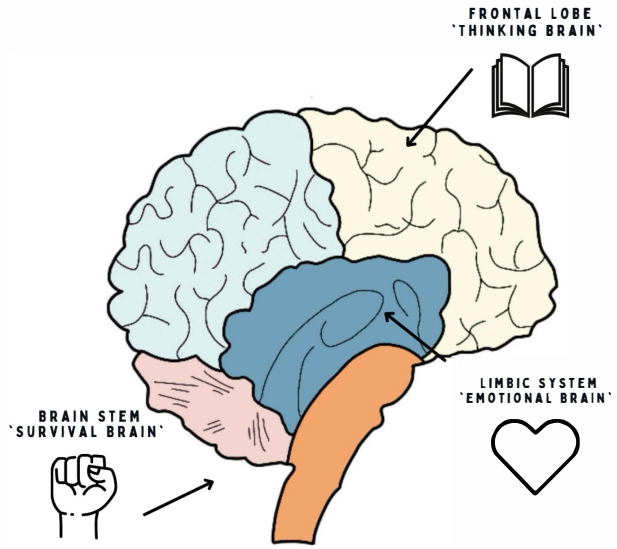
EMBARRASSED

PANIC

GUILT

RACING HEART

THE FIGHT OR FLIGHT RESPONSE



`SURVIVAL BRAIN` - Prioritises your survival functions, such as your heart beats faster so that you can breathe in more oxygen, which is important if you need to fight or run away.
- More energy makes it's way to your limbs so you can run faster and be stronger.

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

`THINKING BRAIN` - Temporarily goes 'offline' - so that the energy your brain would normally use is now prioritised to other body systems to help keep you safe.

WINDOW OF TOLERANCE

HYPERAROUSAL

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



WAYS TO SHIFT FROM A FIGHT OR FLIGHT STATE

Engage in some mindfulness exercises, recognise the aroused state that you are in. Breathe, pause and slow down. Increase your awareness to your thoughts and body sensations.

CAN'T CALM DOWN

OPTIMAL ZONE

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



THINGS THAT CAN EXPAND YOUR WINDOW

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

SHUTTING DOWN

HYPOAROUSAL

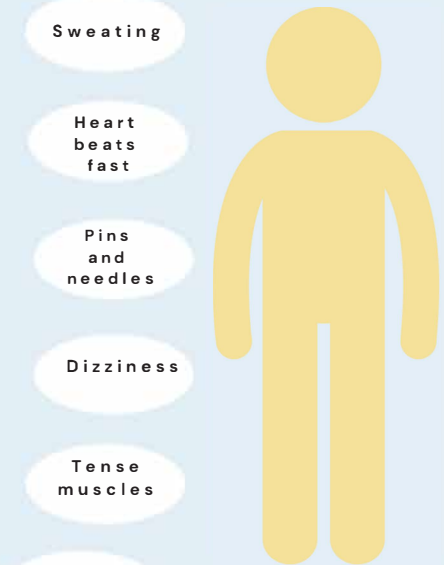
- Feel physically numb and frozen.
- Feel disconnected and zoned out.
- Lethargic and no energy



WAYS TO SHIFT FROM A FREEZE STATE

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

HOW ANXIETY FEELS IN MY BODY



THOUGHT STOPPING TECHNIQUE

S — STOP

Interrupt your negative thinking with the command STOP! and pause with what you were doing.

T — TAKE A BREATH

Practice some deep breathing techniques to slow your heart rate down.

O — OBSERVE

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

P — PROCEED

Purposefully and mindfully proceed with your next activity, one step at a time.

Mental exercises

Name all the objects that you can see in the room.

Did you notice anything new?

What do you like about this room?

What do you dislike about this room?

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 that are affecting you.

"I have butterflies in my tummy and I am feeling nervous"

A

Allow life to be just as it is.

Let your thoughts, emotions, feelings, or sensations that you have recognized simply be there.

Pause and relax your body.

I

Investigate with kindness.

Simply pause and ask, what is happening inside me? How am I experiencing this in my body? Or What am I believing? What does this feeling want from me?

N

Non-identification, you are not the emotion.

Your sense of who you are 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

REFRAMING THOUGHTS

Our thoughts determine our behavior. Therefore, it is essential to have positive thoughts. Try and change negative thinking into more positive, productive thinking.

Instead of..	Try..
Everyone is going to stare at me	People might look at me because they like my outfit
What if I make a mistake	
I wont know anyone at the party	
I don't want to do this	
No body at school likes me	
I am a failure	
I am going to come last	

"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 can NOT control

- So I can let Go of these things

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

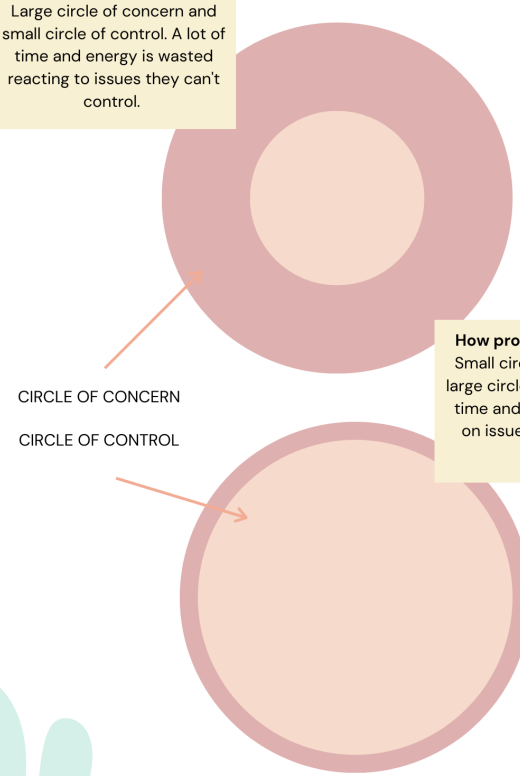
Things I can control

- So I will focus on these things

Who I spend time with
My goals
My Boundaries
What I post online
My thoughts
My values and beliefs
What I say
How i spend my spare time
My actions
What I say about other people

CIRCLE OF CONCERN

How reactive people act
Large circle of concern and small circle of control. A lot of time and energy is wasted reacting to issues they can't control.



CIRCLE OF CONCERN

CIRCLE OF CONTROL

How proactive people act
Small circle of concern and large circle of control. A lot of time and energy is focused on issues that are in their control.

Take 5 Breathing

1. Stretch your hand out.
2. Get the pointer finger of your other hand ready to trace around your hand.
3. Trace your finger around each finger on the other hand slowly.
4. Whilst you are tracing breathe in through your nose and out your mouth.
5. Keep going until you have traced around your whole hand.
6. Keep repeating until you feel calm again.



ANXIETY COPING STATEMENTS

THOUGHTS ARE NOT FACTS

I AM SAFE IN MY BODY

ANXIETY IS A NORMAL HUMAN EMOTION

I TAKE CARE OF MYSELF

THIS FEELING IS A FALSE ALARM. I AM SAFE

IS THIS THOUGHT IN OR OUT OF MY CONTROL?

I DO NOT NEED TO SOLVE THIS FEELING

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

MY FEELINGS ARE NOT ALWAYS RATIONAL

I CAN FEEL ANXIOUS AND STILL HANDLE THIS

I AM BRAVE

IF I REMAIN CALM I CAN OVERCOME THIS

Hands and toe awareness

1. Clench your fist. Imagine you are holding a lemon and you are trying to squeeze the juice out of it. Feel the tension in your hand and wrist. Repeat slowly 10 times.

2. Rub both of your hands together quickly, feel the friction between your hands. Can you feel heat? What else can you feel?

3. Place both feet flat on the floor. Wiggle your toes. Feel the sensation. Curl your toes, uncurl your toes. Repeat 10 times whilst trying to curl one toe at a time.

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

1	PHYSICAL	Sleep, stretching, physical activity, healthy eating and rest.
2	EMOTIONAL	Stress management, gratitude, acts of kindness, forgiveness and compassion.
3	SOCIAL	Personal boundaries, support systems, positive social media and spending time with loved ones.
4	SPIRITUAL	Time alone, space, yoga, meditation, mindfulness, connection and nature.
5	PERSONAL	Hobbies, self-identity, doing the things that bring you enjoyment.
6	SPACE	Safety, organization, clean and tidy, security and stability.
7	WORK	Time management, work boundaries, break time and knowledge.

Neck and shoulder awareness

Sit comfortably and breathe in and out slowly. The aim of this exercise is to notice how each part of your body feels.

Start at the top of your head, can you feel your hair? What does it feel like? Is it rubbing on your face? have you got a hat on? Can you feel your hair tie?

Start to make your way down to your shoulders, can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Do a few neck stretches, turn your head to the left and slowly to the right.

Breathe in and out and repeat until you feel calm again.

Anxiety Scale

ONE	**MINIMAL** Little feelings of worry, fear, or nervousness. Still able to concentrate and get things done. Little physical symptoms such as heart pounding, and butterflies in the stomach.
TWO	**MILD** Breathlessness, nausea, headache, muscle tension, heart pounding fast, chest tightness, sweaty, nervous feeling, weak legs, and arms, clumsy, trembling, vomiting Having a sense of impending danger, panic, or doom These thoughts and physiological responses are usually short-lived, and you can quickly move past the thoughts and feelings.
THREE	**MODERATE** All of the above symptoms plus: Symptoms are more intense and last longer Changes in sleep and appetite. Avoidance of things you used to find enjoyment in, or avoiding places or people that might trigger your anxiety Changes in concentration Fatigued
FOUR	**SEVERE** All of the above symptoms plus: Thoughts and feelings come from nowhere and interfere with day-to-day life—intense and disproportionate emotional responses. Can't let go of thoughts.
FIVE	**DEBILITATING** All of the above symptoms plus: Waking up in the middle of the night with anxious feelings. Heart is constantly pounding, nervous and jittery feeling all day. Dissociation Anxious thoughts and feelings have been ongoing for weeks or months.

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

PUTTING THOUGHTS ON TRIAL

THE THOUGHT — WHAT IS MY WORRY OR THOUGHT?

THE DEFENCE

WHAT EVIDENCE DO I HAVE THAT MY THOUGHT IS TRUE? (FACTS, NOT OPINIONS)

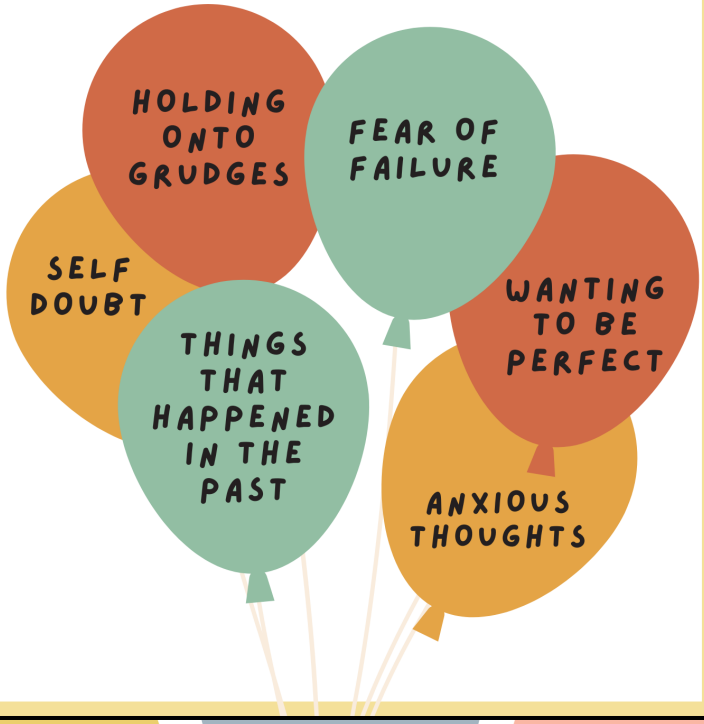
THE PROSECUTION

WHAT EVIDENCE DO I HAVE THAT MY THOUGHT IS NOT TRUE?

THE JUDGE'S VERDICT

WHEN I EXAMINE ALL OF THE EVIDENCE, BASED ON THE FACTS, CAN I DECIDE WHETHER MY THOUGHT IS LIKELY TO COME TRUE OR UNLIKELY?

THINGS TO RELEASE



Full body stretch

Stand up straight. Place both feet shoulder width apart.

Find your balance.

Slowly stretch your arms up high, imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.

Wriggle your finger tips and feel the stretch in you toes, calves, back, shoulders, arms and fingers.

Relax for 10 seconds

Repeat 10 times or until you feel calm again.





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 absolutely true?

Is my thought 100% accurate?

Is there any other way I could see my thought in a differently?

Is it possible that my emotions are making me believe that my thought is true?

7 RULES OF LIFE

LET IT GO
Let go of what happened in the past, focus on what you can control.

IGNORE THEM
Ignore people that bring you down. Listen to the people that empower you.

GIVE IT TIME
Healing takes time, everyone's path is different. Healing is not linear.

DON`T COMPARE
Comparison is the thief of joy.

STAY CALM
It's ok not to feel ok, but stay calm and in the end it will all work out.

IT`S ON YOU
Don't let anyone control your destiny, your future is on you.

SMILE
Smile so much that your mouth hurts, life is too short not to be smiling.

ALWAYS BELIEVE THAT SOMETHING WONDERFUL IS ABOUT TO HAPPEN

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

THIS IS A SAFE SPACE



TO BE WHO YOU ARE

COGNITIVE DISTORTIONS

Mental Filter
Only paying attention to some types of evidence.
Focusing on your failures while avoiding to see your success.

Catastrophizing
Only seeing the worst possible outcome of an event or situation. As a result, worries become escalated, and thoughts become exaggerated.

Jumping to conclusions
Assuming that you know what other people are thinking.

Predicting the future.

Overgeneralizing
The process of concluding that just because something happened to you once before, it will occur over and over again. It is negative thinking based on only 1 or 2 experiences.

Emotional Reasoning
Believing that just because you feel a certain way then justifying that your thoughts must then be true.

Black and White
Seeing things as either good or bad, right or wrong or all or nothing. Black and white thinking is the tendency to think in extremes. It causes you to think of everything you do in terms of success or failure.

Labelling
Putting labels on yourself and others.

-"I'm unloveable"
- "They are an idiot"

Should Statements
Believing that things should be a certain way. Using 'should', 'must' or 'ought' statements directed at yourself. This thinking results in feelings of guilt, shame and self-loathing.

Blaming
Placing the blame on others instead of owning up to your mistakes or sharing the responsibility. Taking on the victim mentality.

Personalization
Taking things personally and thinking that what other people do is a result of your own actions. You may blame yourself for things that were totally out 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 journalling

4 - 7 - 8

Breathing

INHALE THROUGH YOUR NOSE FOR 4 SECONDS

EXHALE THROUGH YOUR MOUTH SLOWLY FOR 8 SECONDS

HOLD FOR A COUNT OF 7

REPEAT 4 TIMES

Mental exercise

Spell your name backward. Then spell all of your family members' names backward.

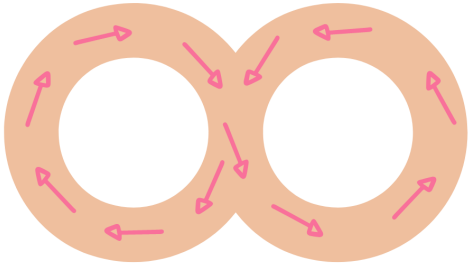
Count backward from 100.

Tracing

Trace the figure eight with your finger.

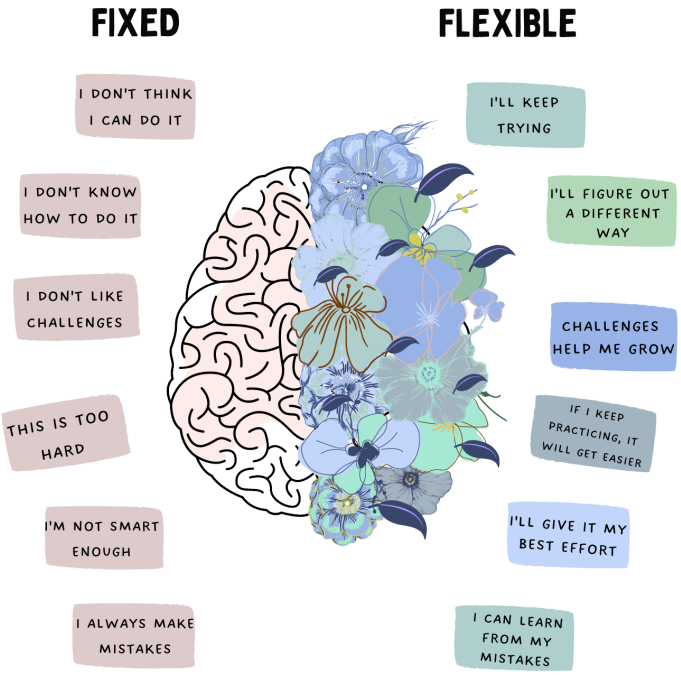
Breathe in and out slowly as you trace around the figure eight.

Breathe in through your nose and out through your mouth.



GROWTH MINDSET

Change your mindset - change your life



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
Strengthening one aspect of yourself to hide another

DENIAL
Refusing to accept a negative behavior in yourself

DISPLACEMENT
Taking strong feelings out on someone else

IDENTIFICATION
Unconsciously developing another person's behavior pattern

INTROJECTION
Conforming feelings to seek approval

PROJECTION
Ascribing your own negative qualities and faults onto others

RATIONALIZATION
Excusing and justifying your behavior

REACTION FORMATION
Behaving in a way that is opposite to your true feelings

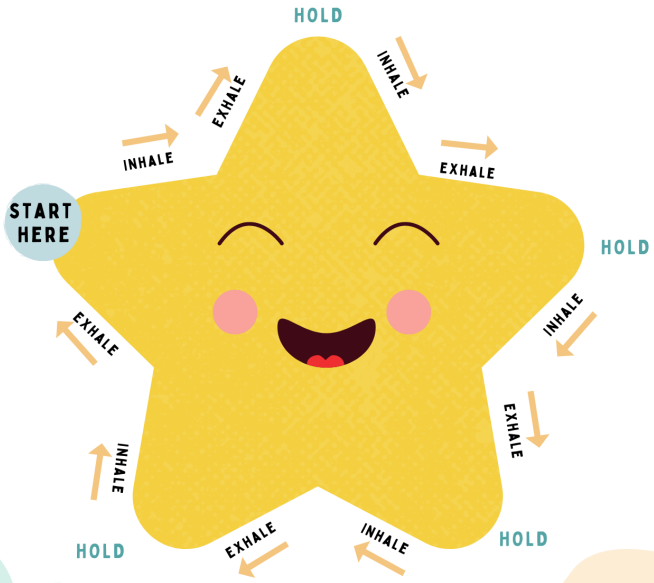
REGRESSION
Using previous developmental behaviors to cope with stress

REPRESSION
Suppressing unwanted thoughts and urges from your consciousness

RITUAL & UNDOING
Covering up a negative behavior with something positive

SUBLIMATION
Diverting a negative behavior into something more positively acceptable

STAR BREATHING



Visualize your favourite place

What do you see?

Where is it?

What can you hear?

What can you smell?

Who is there?

What is it that you like so much about this place?

When did you go there?

When will you be going back?



Close your eyes and imagine you are holding a feather.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and watch the feather float away.

RAINBOW

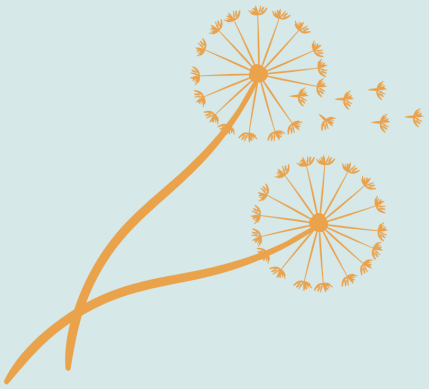
GROUNDING TECHNIQUE

Take a deep breath and identify all of these colours in order



Have a look around. How many items could 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 Surfing

LEARNING HOW TO RIDE THE WAVE

NOTICE:
Notice how you feel?

NAME:
Name the emotion? What words describe it?

ACCEPT:
Accept the emotion. What prompted it? Just let the feeling be.

INVESTIGATE:
How intense is it? How are you breathing? How do you feel inside your body?

ALLOW AND RELEASE:
Release judgements of struggles with thoughts. Breathe deeply.



EMOTIONAL REMINDERS

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

Surf your emotions with mindfulness, where you watch your breath and notice your thoughts without judgment.

SELF-CARE CHECKLIST

- EAT 3 HEALTHY MEALS
- 7+ HOURS OF SLEEP
- DRINK FRESH WATER
- GET FRESH AIR
- PRACTICE MINDFULNESS
- WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
- BRUSH YOUR TEETH
- HAVE A WARM SHOWER
- MAKE YOUR BED
- READ A BOOK
- LISTEN TO MUSIC
- SPEND TIME WITH FRIENDS
- DECLUTTER A SMALL SPACE
- HAVE A SOCIAL MEDIA DETOX
- ASK FOR A HUG
- SPEND TIME WITH FAMILY
- DO A HOBBY
- WRITE IN YOUR JOURNAL
- SAY 5 THINGS YOU LOVE ABOUT YOURSELF
- DO SOME EXERCISE
- WASH YOUR HAIR
- HAVE A CUP OF TEA
- DO NOTHING- ENJOY THE PEACE
- TRY SOMETHING NEW
- DO SOME COLORING IN
- MAKE YOUR FAVORITE FOOD

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?

HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS

- Memory issues
- Avoidance
- Headaches
- Insomnia
- Needing reassurance
- Procrastination
- Rapid heartbeat
- Lack of patience
- Overthinking
- Sweating
- Stomach issues
- Constant worrying

Mental exercises

Name everything about your family members including their age, hair, eyes, hobbies, work, interest and anything else that you can think of.

ANXIETY

GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY

5 THINGS YOU CAN SEE



2 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



4 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



MY ANXIETY DOES NOT DEFINE ME

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

FIND THE LETTERS IN YOUR NAME

Start with the first letter of your name.

Look around the room and find as many items as you can that start with that letter.

Repeat with all the letters in your name.

Which letter had the most items?

Repeat with your middle and last name until you feel calm again.

THINGS THAT CAN TRIGGER YOUR TRAUMA

Sounds
Hearing certain music or sounds that remind you of past trauma

People
Being around people that are linked to or have similarities related to your trauma

Thoughts
Certain memories or thoughts can bring back old trauma

Situations
Being in a situation that makes you feel unsafe

Feelings
Just feeling pain unrelated to your trauma can be enough to re trigger your trauma

Smells
Certain smells are strongly linked to our memories

Places
Places that have similarities to where the trauma took place

Death
The death of anyone involved in the trauma can re trigger pain

Media
Seeing something on social media, movie scenes or news reports that are similar to your trauma

I CAN BE CALMER

FOLLOW THESE STEPS TO HELP COOL DOWN

C CAN YOU EXPLAIN HOW YOU ARE FEELING?

A ASK YOURSELF. WHAT AM I UPSET ABOUT? IS THIS A BIG OR LITTLE PROBLEM?

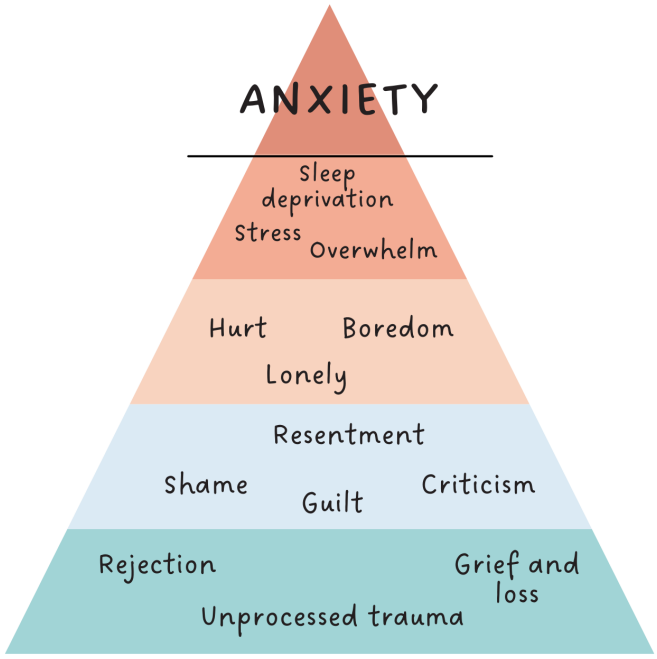
L LISTEN TO YOUR BODY. WHAT ARE YOU FEELING?

M MAKE A LIST OF ALL THE THINGS THAT MAKE YOU HAPPY

E EVERYONE GETS UPSET OR WORRIED FROM TIME TO TIME AND THAT IS OK

R REMEMBER HOW YOU OVERCAME THIS FEELING LAST TIME. YOU ARE CAPABLE

THE ANXIETY PYRAMID



THE POWER OF YET

I CAN'T DO IT YET

I DON'T GET IT YET

I DON'T UNDERSTAND THIS YET

BELIEVE IN THE POWER OF YET

THIS DOESN'T MAKE SENSE YET

I'M NOT GOOD AT THIS YET

IT DOESN'T WORK YET

THE STAGES OF *behavioral change*

PRE - CONTEMPLATION

CONTEMPLATION
I acknowledge that there is a problem but I'm not ready to make a change.

PREPARATION
I have a commitment to change.
"What can I do?"

ACTION
I am actively involved in taking steps to change my behavior by using a variety of different techniques.

MAINTENANCE
I am able to successfully avoid any temptations to return to my bad habit.

RELAPSE
I have fallen back into old habits.
The cycle begins again.

UPWARD SPIRAL
Where you learn from each relapse

GROUNDING TECHNIQUE

CATEGORIES

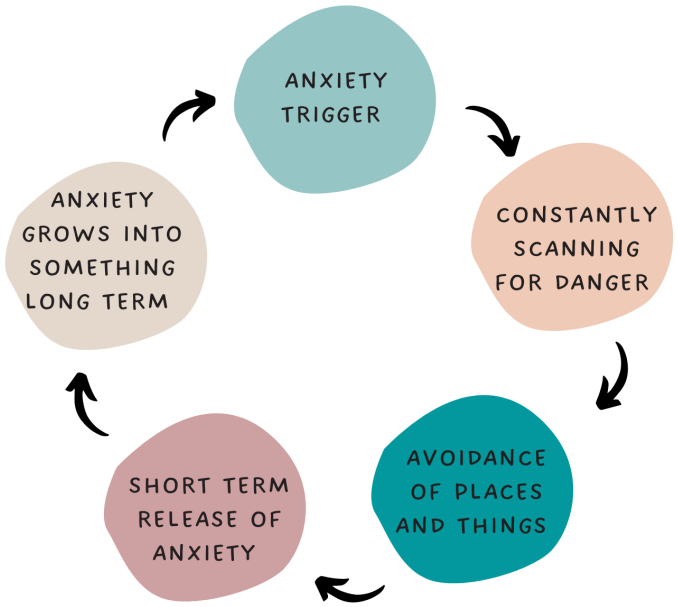
IN YOUR MIND TRY AND NAME AS MANY THINGS AS YOU CAN FROM EACH CATEGORY FOR 30 SECONDS

MOVIES	FRUIT	COUNTRIES
SINGERS	COLORS	TV SHOWS
SPORTS	VEGETABLES	SHAPES

DO YOU FEEL CALMER?

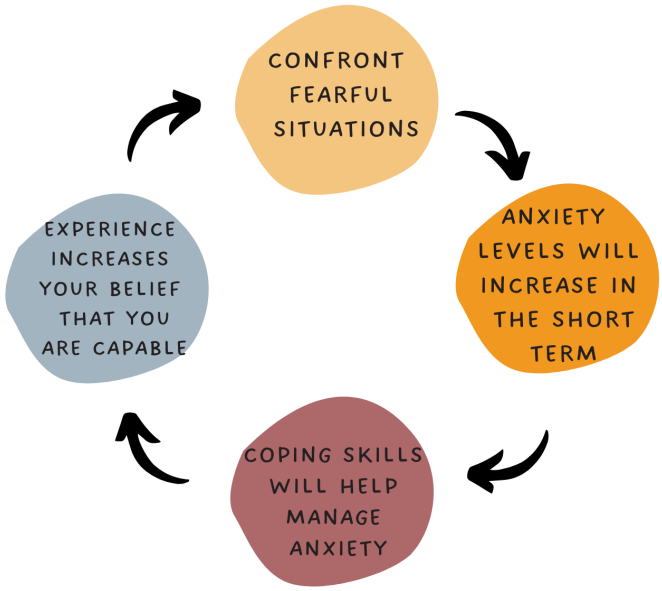
MENTAL HEALTH MATTERS

UNDERSTANDING THE
ANXIETY CYCLE



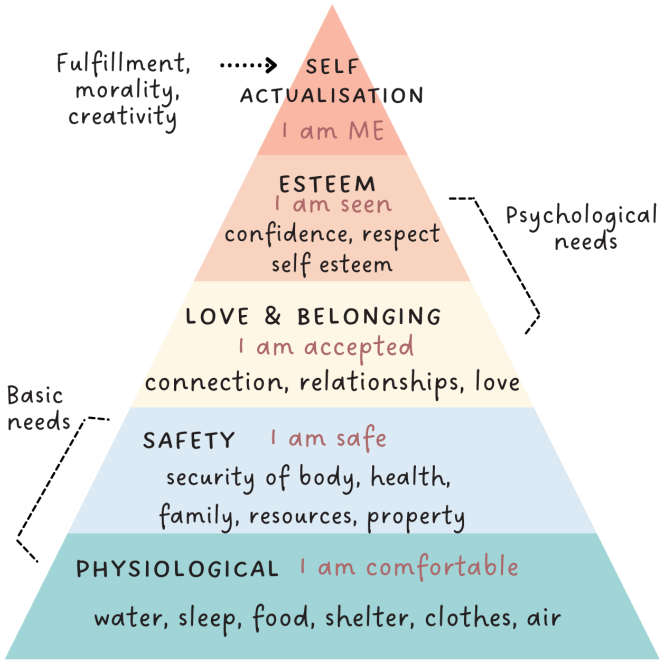
"You need to understand the cycle in order to break the cycle"

REVERSING THE
ANXIETY CYCLE



"I am capable of confronting my fears and breaking my anxious cycle"

MASLOW'S
HIERARCHY OF NEEDS



THE
HAPPY CHEMICALS
AND HOW TO ACCESS THEM

Dopamine
THE REWARD CHEMICAL

Completing a task
Eating food
Doing self-care activities
Celebrating small wins
Achieving goals

Oxytocin
THE LOVE HORMONE

Playing with a pet
Physical affection
Give a compliment
Do something nice for someone
Hugging your family

Serotonin
THE MOOD STABILIZER

Meditate
Swimming
Walk in nature
Spend time in the sun
Mindfulness activities

Endorphin
THE PAIN KILLER

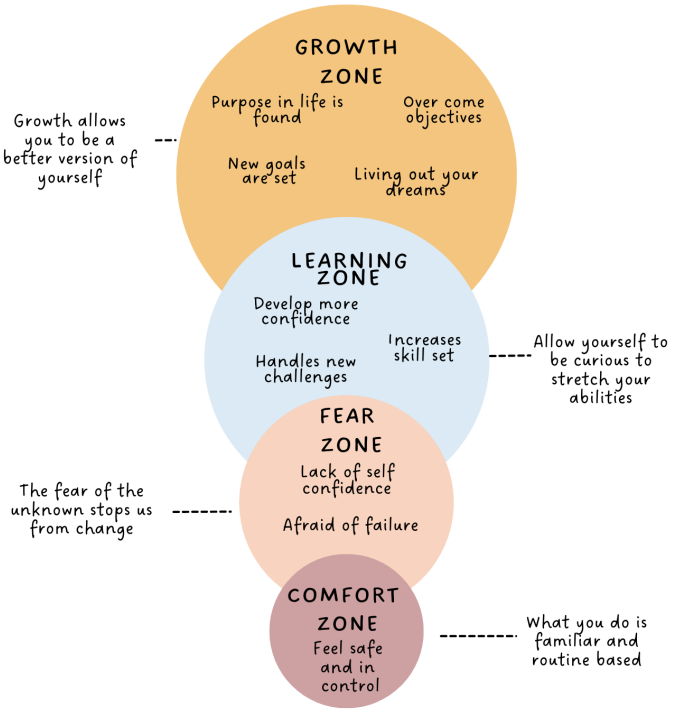
Laugh
Watch a funny movie
Eat dark chocolate
Essential oils
Exercise

CHECK IN

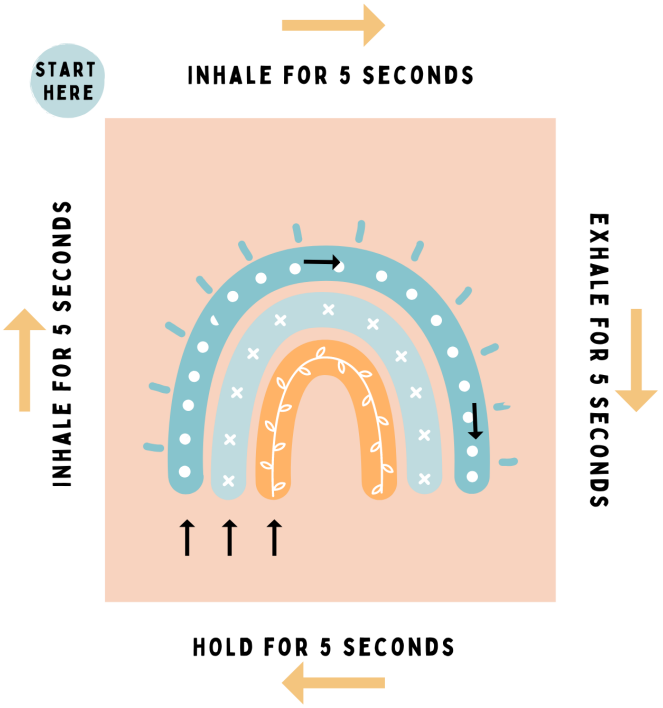
HOW ARE YOU FEELING?

BREATHE	Take 5 deep breaths in and centre yourself.
FEEL	Check in with your body and mind. How are you feeling today?
THANK	Name 3 things you are grateful for?
AFFIRM	Take a moment to say 5 nice things that you like about yourself.
NEED	What do you need in order to make yourself feel better?

COMFORT ZONE VS GROWTH ZONE



MINDFUL MINUTE



IT IS OK TO

- NEED HELP
- BE DIFFERENT
- HAVE FEELINGS
- BE YOURSELF
- TALK TO SOMEONE
- NOT BE OK