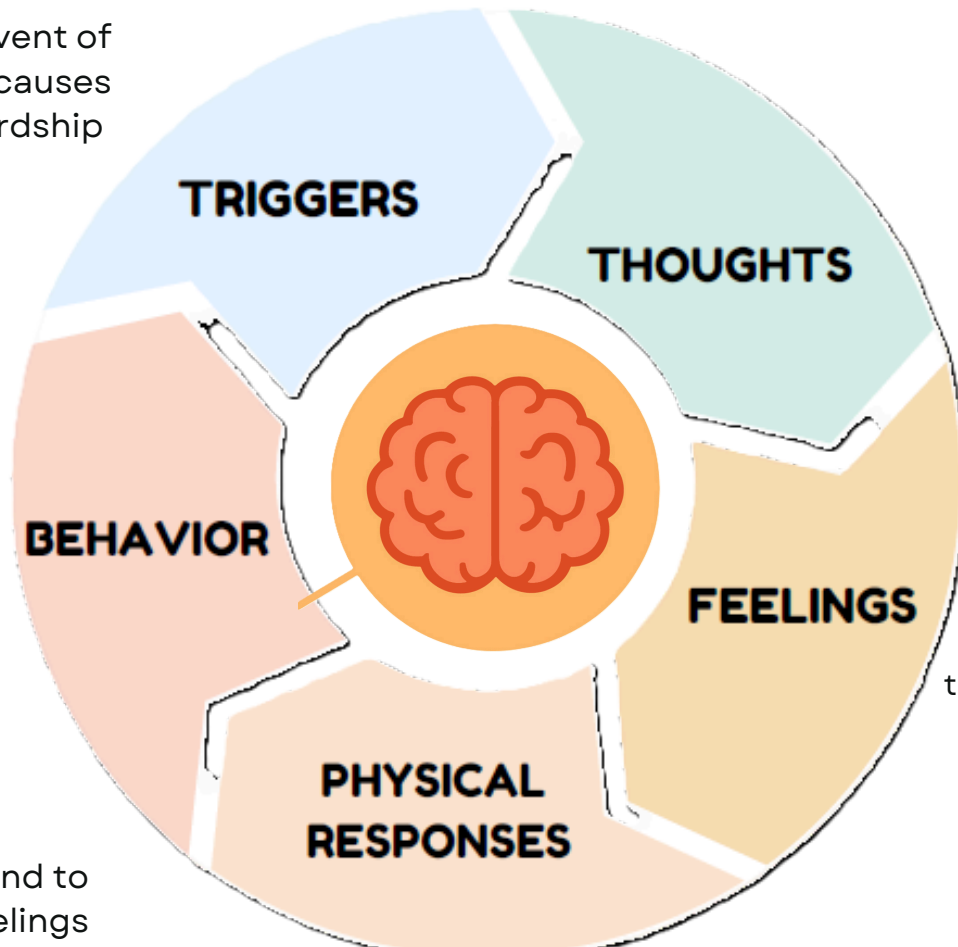


Cycle of Anxiety



Any event of situation that causes stress or hardship



leads to negative thinking and thoughts

How we think will affect our thoughts and feelings, and vice versa

how we respond to thoughts, feelings and symptoms can feed our anxiety, worsen triggers or create new stressors

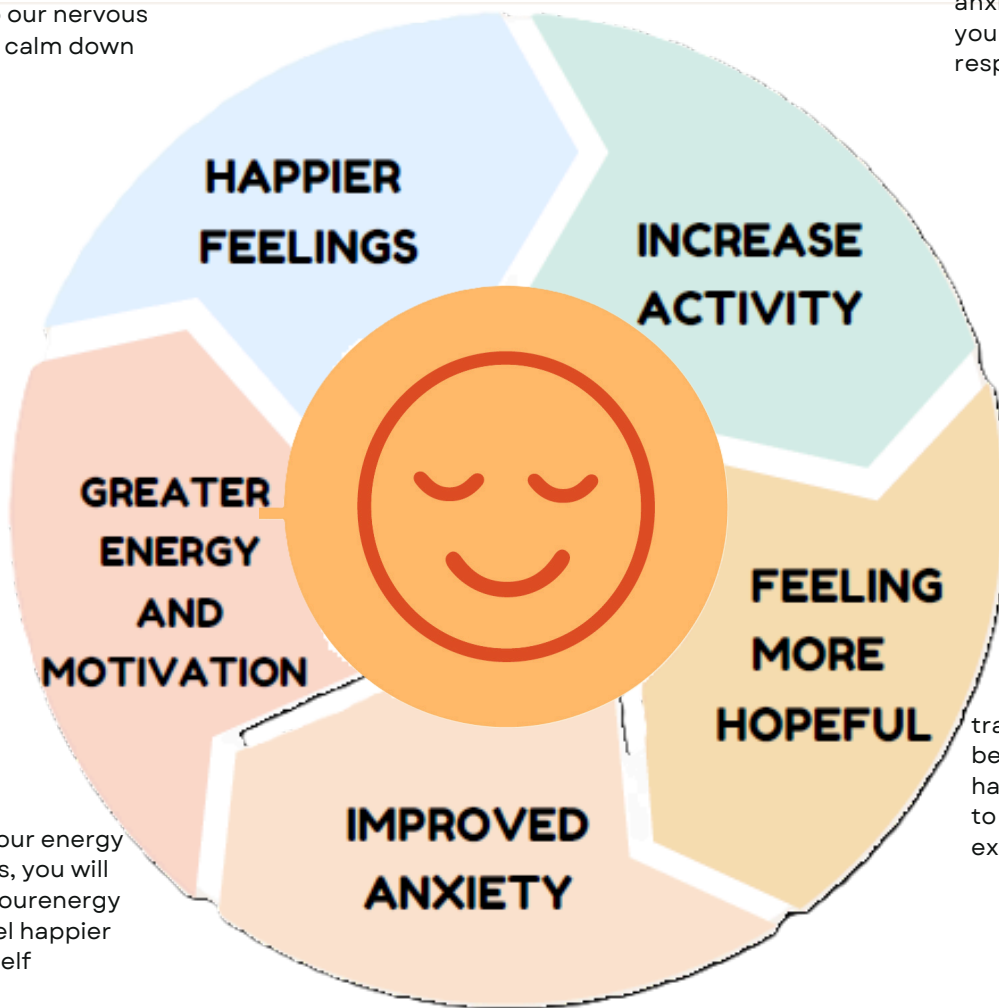
the body responds to triggers and negative feelings with physical symptoms.

Reversing Anxiety



engaging in activities that produce opposite emotions or neutralizing feelings can help our nervous systems calm down

identifying how and where your body experiences anxiety symptoms can give you a constructive way to respond to anxiety



As anxiety affects your energy and motivation less, you will see an increase in your energy levels when you feel happier within yourself

training your brain not to be afraid of anxiety, is a handy tool in helping not to become anxious about experiencing anxiety

engaging in a more neutral coping skills with eventually enable you to take more control of now when, but how you experience anxiety