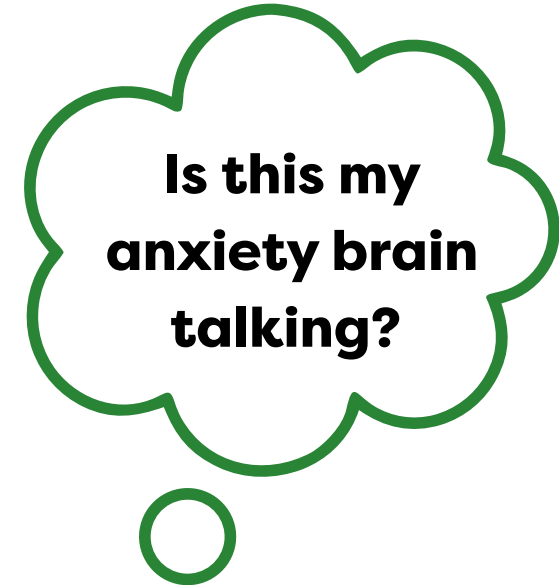
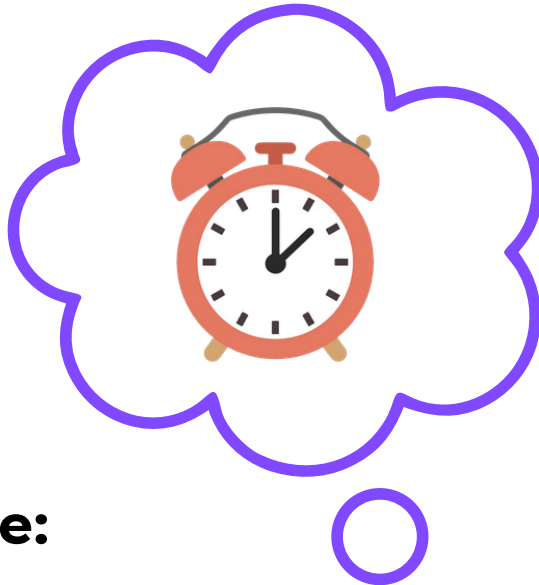


Understanding an Anxious Brain

'Burnt Toast Alarm' - super sensitive system in our brain. Meaning it can be triggered/set off to easily like a smoke alarm going off every time you burn toast.

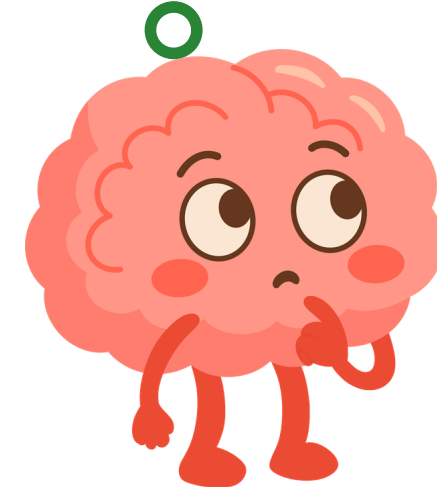
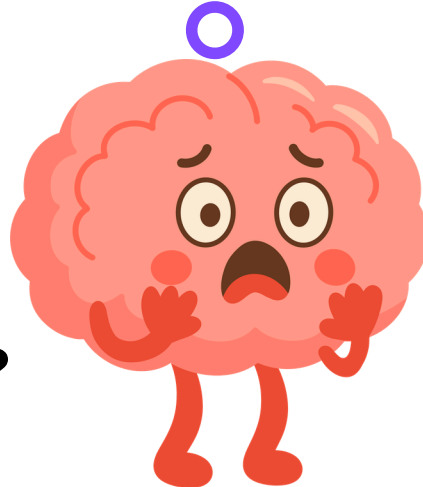


Response:

.....**Fight?**

.....**Flight?**

.....**Freeze?**



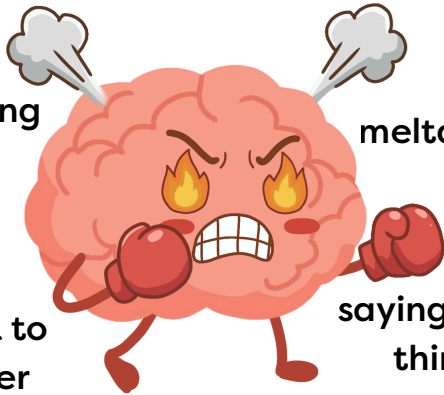
How Do You Normally Cope?

Fight

shouting

arguing

quick to
anger



meltdown

saying mean
things

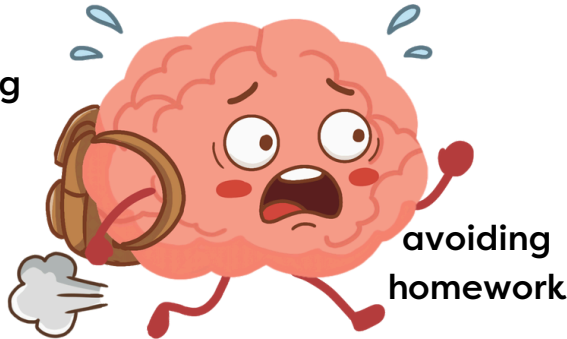
Your body get ready to fight
the 'danger'

Flight

Tummy aches
before school

wanting
to leave

Hiding



avoiding
homework

panicky

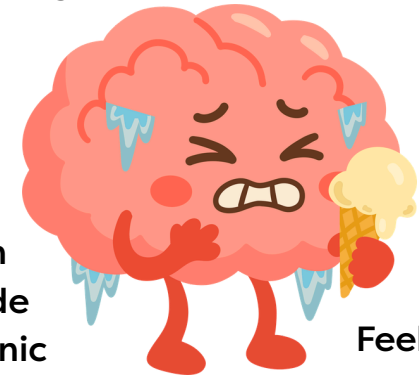
Your body wants to
escape

Freeze

Not
speaking

Not
moving

calm
outside
but panic
inside



Mind
going
blank

Feeling
stuck

Your body plays
statue

Empty rounded rectangular box for notes.

Empty rounded rectangular box for notes.

Empty rounded rectangular box for notes.