



# THE MIND & BODY CIRCUITS OF THE ANXIETY CYCLE

## CIRCUIT ELEMENTS

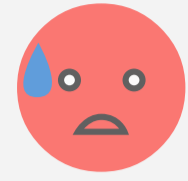
### ANXIOUS CIRCUIT

### RESILIENT CIRCUIT

#### CURRENT STATE

Causes us to...

#### STATE



stressed/ anxious/ scared

#### BRAIN LANDSCAPE



vulnerable

#### STATE



calm/composed/ capable

#### BRAIN LANDSCAPE



resilient

AIM: BREAK CIRCUIT AND GET TO/MAINTAIN...

#### LOOK FOR... IN EXTERNAL WORLD



**DANGER/ THREAT**

**OPPORTUNITIES / REWARDS**

#### TYPICAL INTERNAL THINKING

about circumstances and things yet to happen (future orientated thinking)

Imagined situation played as internal movie



#### Titanic thinking

(Content focused on what you don't want to have happen through negative often catastrophic predictions, unrealistic, biased thoughts)

Imagined situation played as internal movie



#### Opportunistic thinking

(what you would like to have happen, realistic, objective and hopeful about predicted situation and outcome)

#### PERCEIVED AS...

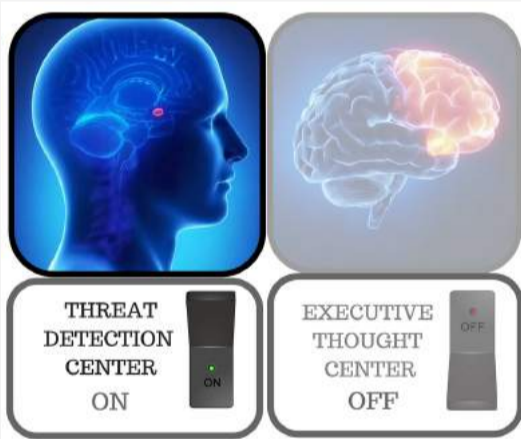
**UNSAFE/THREATENING**

Perceive you won't be ok

**SAFE**

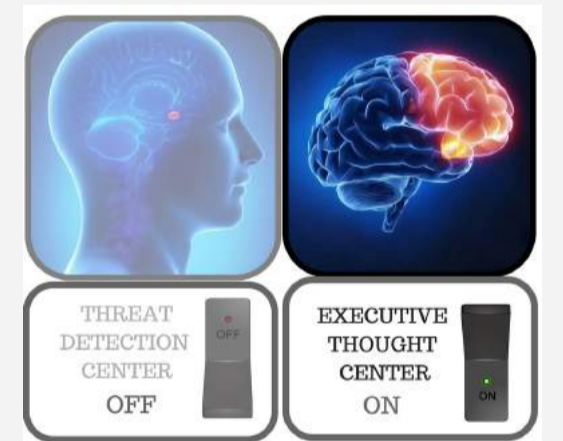
Perceive you'll be ok

#### PART OF BRAIN ACTIVE



#### HOW TO BREAK THE CYCLE

- 1) **ACKNOWLEDGE**
- 2) **BODILY RESPONSE**  
Calm 'Amy' down and detach from self
- 3) **CHALLENGE** thoughts and engage 'Einstein'

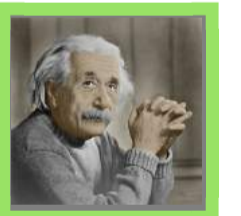


#### WHO'S THE BOSS?



'AMY' the amygdala

'EINSTEIN' the executive controller



#### BODILY REACTION AND FEELING

#### ANXIOUS/FEARFUL

Fight, flight, freeze and hyper-vigilance

**CALM**  
Relaxed, steady and composed

#### INSTINCTIVE BEHAVIOUR

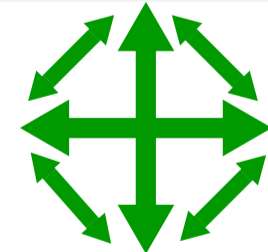
Problem thinking



Feel out of control

Avoid (In-action or procrastination)

Solution thinking



In control

Approach (Action)

#### MOTIVATED...

**AWAY FROM SITUATION**

and unwanted consequences



**TOWARDS SITUATION**

and reward of possible outcome

