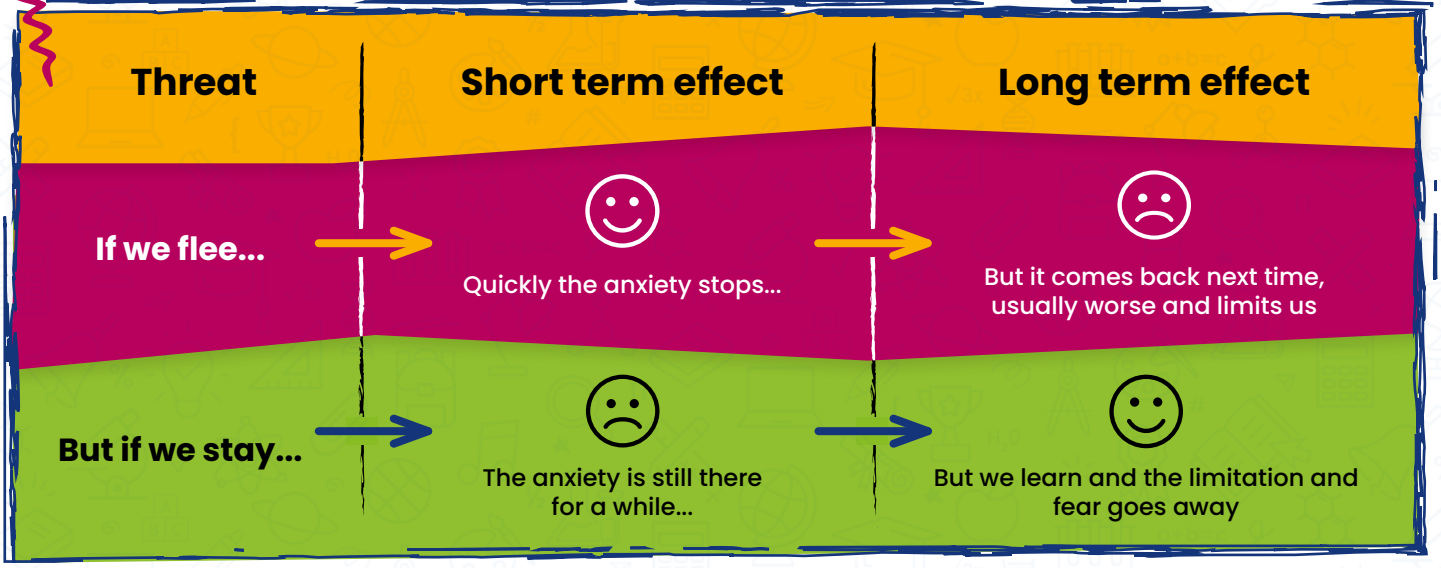
Responding to anxious feelings

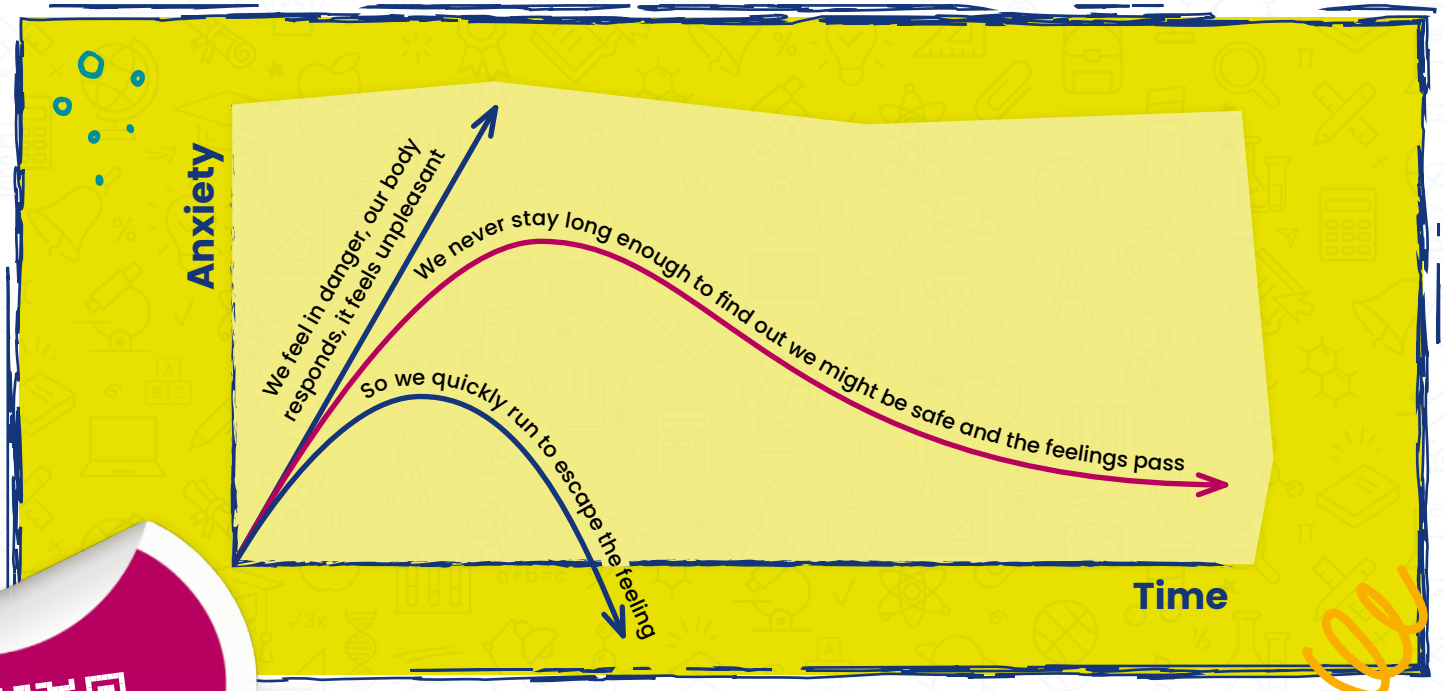
Facing our anxiety head on can be beneficial in the long run.
The infographics below can help us understand this more easily.

It is entirely normal to experience the fight/flight response in reaction to real or perceived danger.

The response is not dangerous, it is caused by the evolutionary safety mechanism of our brain trying to protect us.

However, because the sensations can feel unpleasant and are unwanted and immediate, we instinctively try to get rid of them.





Log-in for the latest resources – published monthly.

blue MENTAL HEALTH SUPPORT