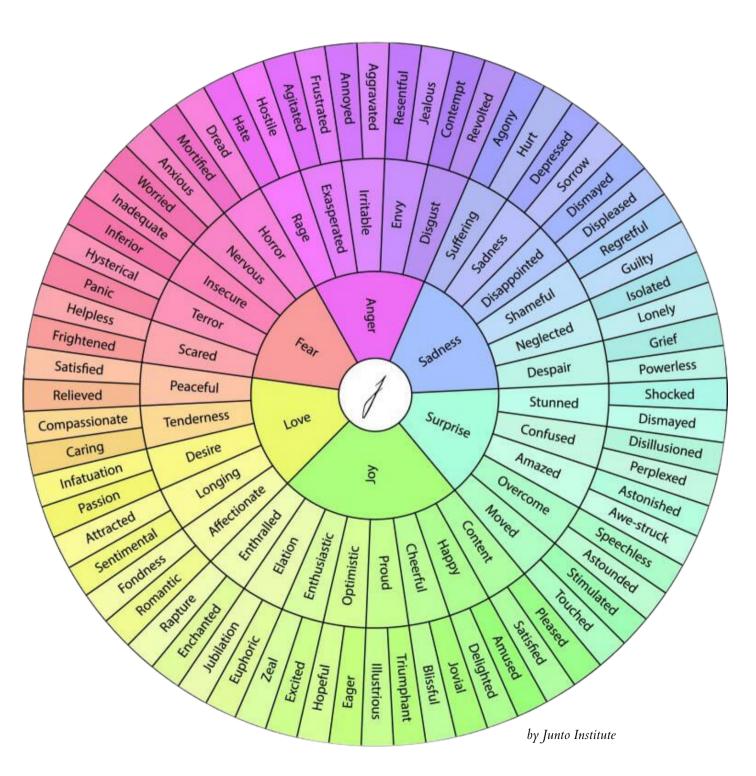


WHEEL OF EMOTIONS

When we feel anxious, the fear and worry center of the brain, the amygdala, lights up and turns on our stress response. Labeling our emotions and writing them down activates a part of the brain in the prefrontal cortex and calms the amygdala. We regain access to our whole brain and body without getting hijacked by our fear and worry.

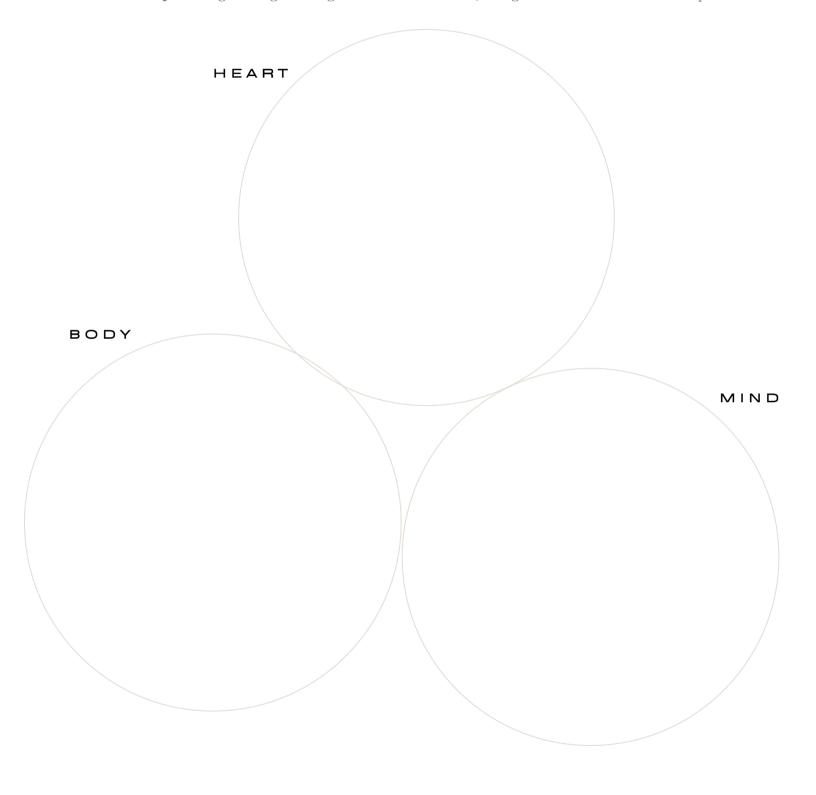


HOW AM I FEELING RIGHT NOW?

Use the Wheel of Emotions to determine how you feel and write about it in the Heart space.

Notice if the emotion resonates within the body and write about it in the Body space.

Is there a story or thought that goes along with the emotion and feeling? Write about it in the Mind space.



WRITE FROM THE SEAT OF YOUR INNER CALM

ease, and secure. Write a letter to yourself from this space. What do you need to hear? What advice can yo give yourself? What do you already know? Can you see this experience differently?						