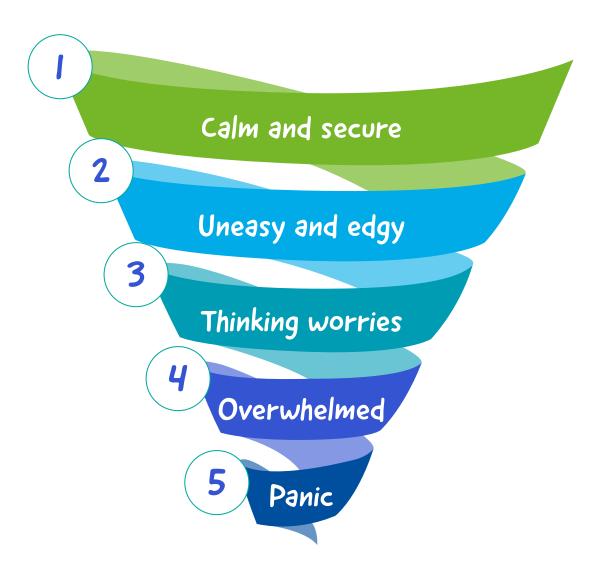
## **Anxiety spiral**



- I. Calm and secure
- 2. Uneasy and edgy some symptoms: sweaty, butterflies, fidgety
- 3. Unable to think clearly only thinking of worries. Symptoms increase
- 4. Overwhelmed and can't focus
- 5. Extremely anxious and spiralling into panic

