

# YOU CAN'T JUST TALK YOURSELF OUT OF ANXIETY



YOUR BRAIN HAS 3 PARTS

THEY ALL PLAY A  
ROLE IN ANXIETY!!

WORK WITH YOUR  
BRAIN AND BODY TOGETHER

## THINKING "HUMAN" BRAIN

Conscious thought.  
Where anxiety has words  
(LOTS OF WORDS).



Be curious about  
worries. Just because  
they feel real doesn't  
mean they are true.

## EMOTIONAL "MAMMALIAN" BRAIN

Emotional experience.  
Where anxiety causes  
EMOTIONAL DISTRESS.



Kindness & self-  
compassion are key.  
Seek physical comfort &  
emotional support.

## INSTINCTIVE "REPTILIAN" BRAIN

Automatic body regulation.  
Where anxiety causes  
PHYSICAL SYMPTOMS.



Learn to recognize  
anxiety signals. Learn  
body-based skills to calm  
your body.

THREAT  
CAN HELP!

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