

Stress and Anxiety

Name: _____

How do you define Anxiety?

How can stress impact your recovery?

Share a specific anxiety-related fear you've experienced. How did you respond? What played out?

What techniques can you utilize for relaxing when you're in a stressful situation. What techniques work for you?

What is the Vagus Nerve?

How can you strengthen/activate the Vagus Nerve?

Personal Affirmations. I AM...
