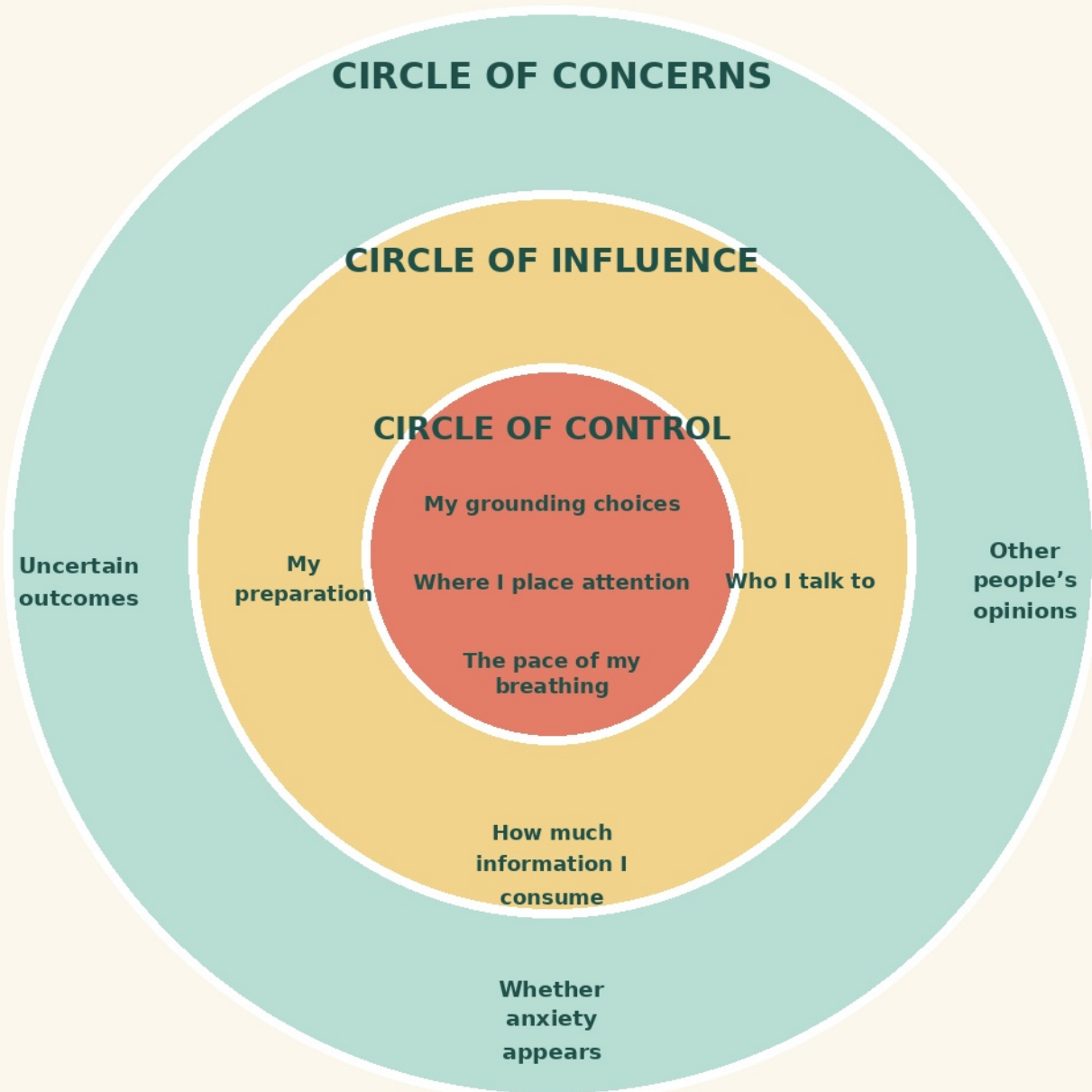


SPACE TO BREATHE

CIRCLES OF ANXIETY

Place your energy where it can support you.



CONTROL: ACT • INFLUENCE: COMMUNICATE • CONCERNS: RELEASE

Reflection prompt: Where would my energy be most useful today?

Educational and coaching resource. Not a substitute for personalised clinical care.