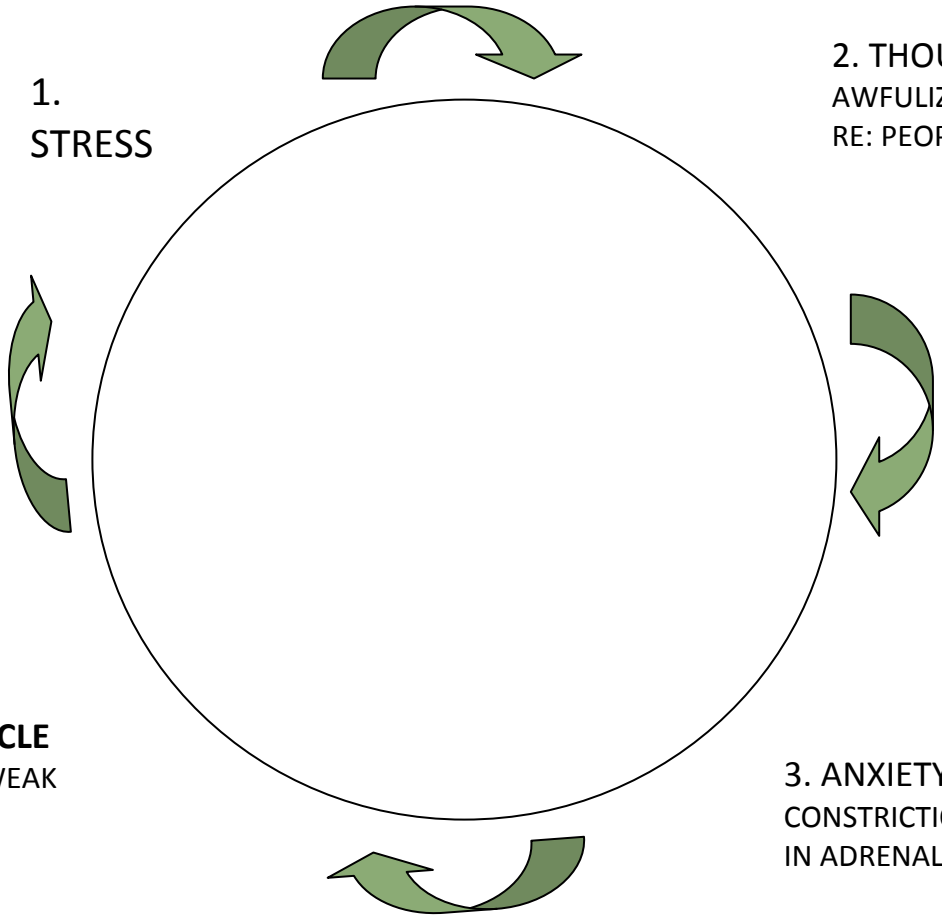
Stages of Anxiety & Depression Cycle



1.
STRESS

2. THOUGHTS TURN TO:
AWFULIZING & CATASTROPHIZING THINKING
RE: PEOPLE/THINGS/LIFE OTHER SITUATIONS

3. ANXIETY/BODY TENSION:
CONSTRICTION THE BASE OF THE LUNGS/INCREASE
IN ADRENALINE FOR FIGHT/FLIGHT SYNDROME

4. DEPRESSION/PAIN CYCLE
OTHER MEDICAL ISSUES IN WEAK
AREAS OF BODY