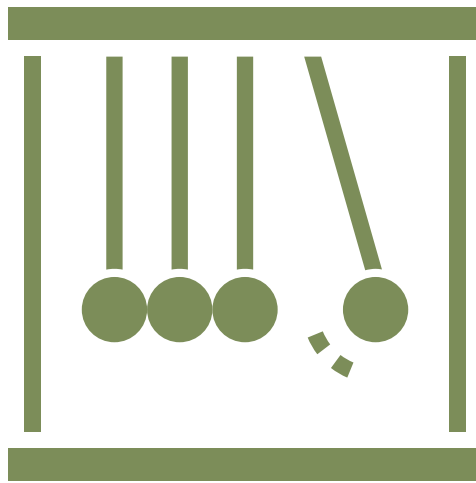


Finding the Balance in Your Pendulum

We all experience the swing of the pendulum... the anxiety and fear we feel when studying for a big test and the relief and joy when we get our passing results. We want to maintain this balance by acknowledging the swing...

Swing too far in either direction and we become dysregulated.



Don't swing at all... we become numb.

Gain awareness on how we feel our feelings by..

- ✦ Listening to music or watching that is cathartic and stirs up emotions.
- ✦ Process through intentional journaling or talking through it with a therapist.
- ✦ Practice mindfulness skills, yoga, and being present in your body.
- ✦ Take your time and do what feels safe.