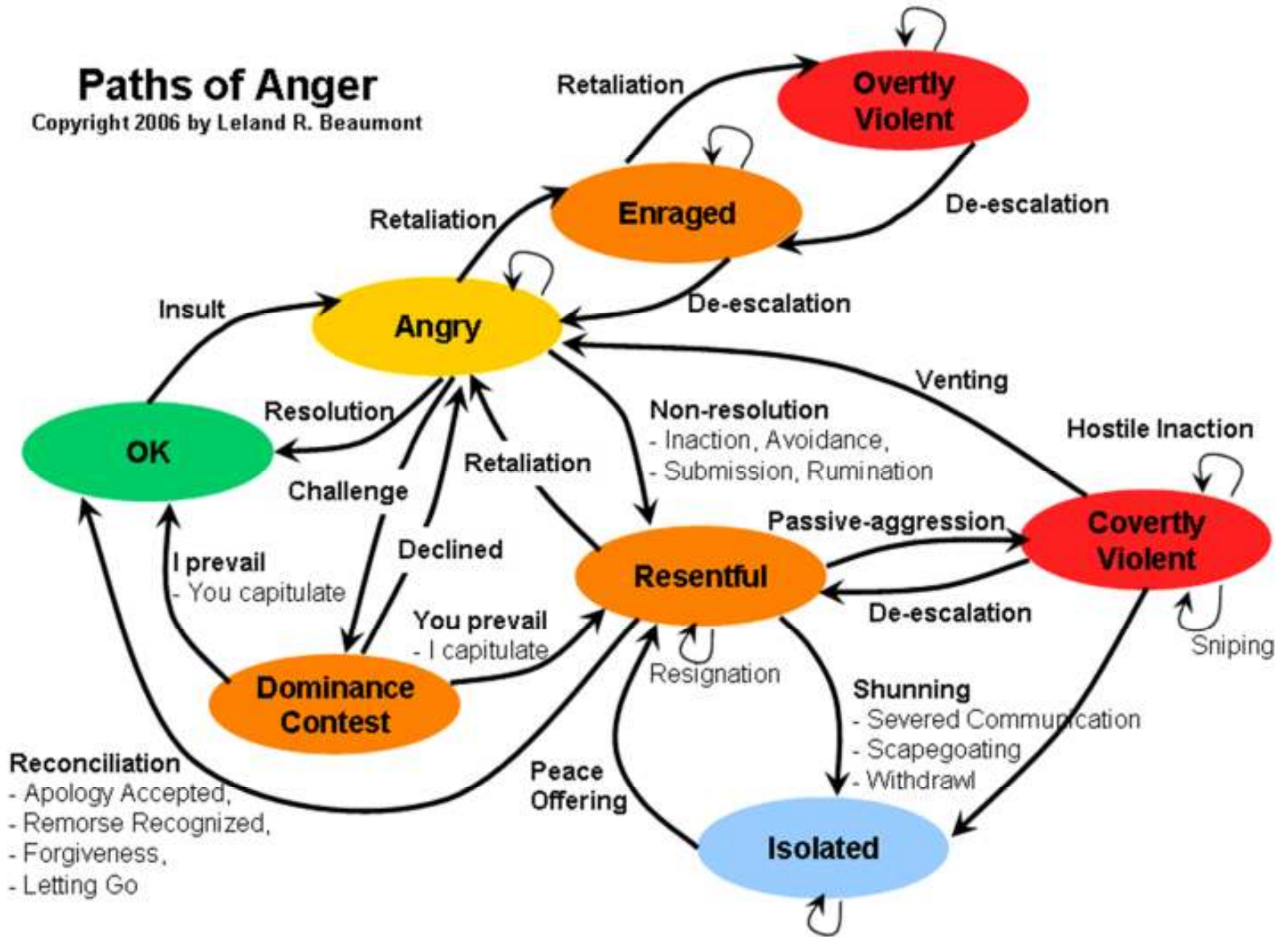


# Paths of Fear

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[www.EmotionalCompetency.com](http://www.EmotionalCompetency.com)

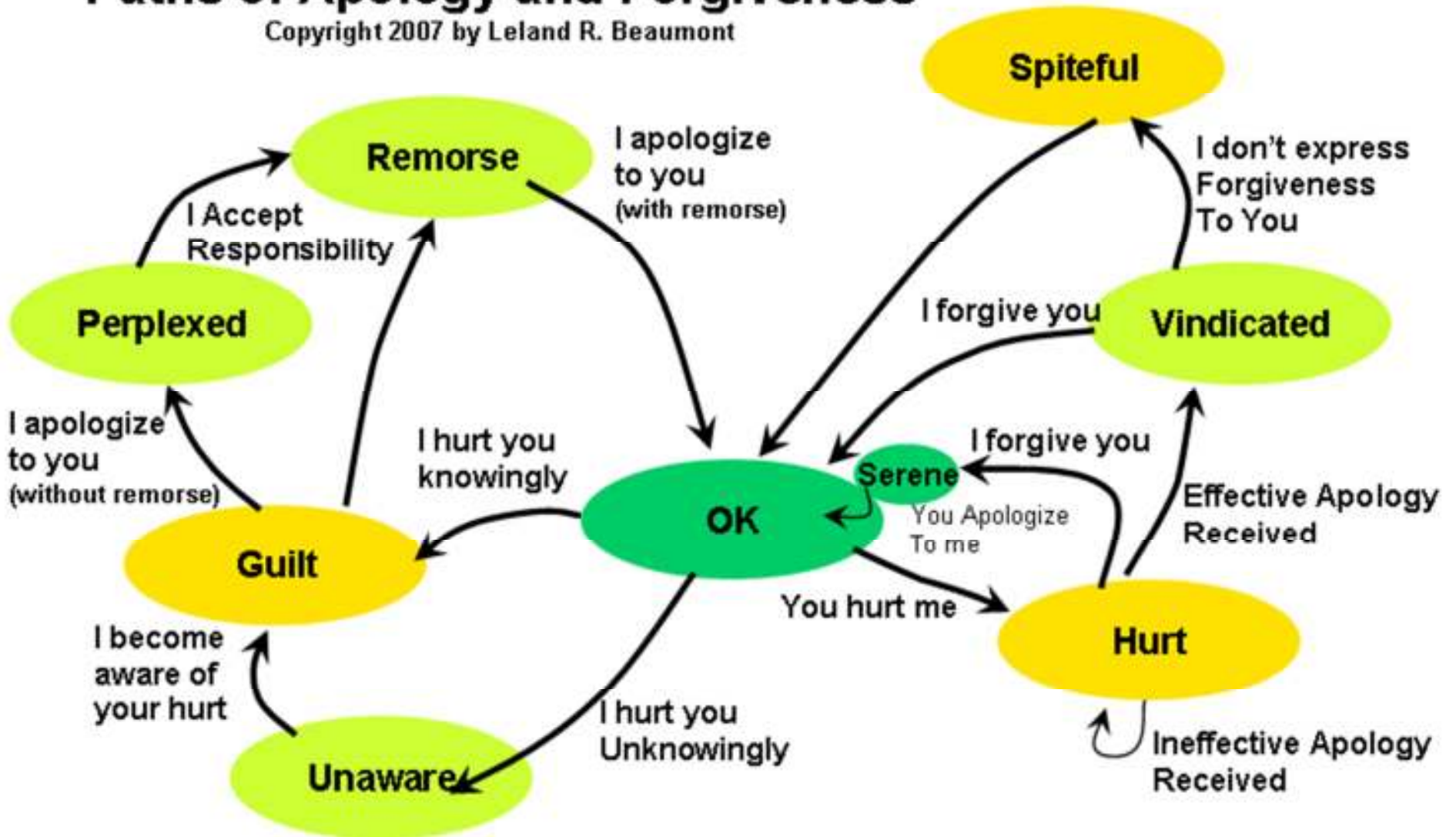
# Paths of Anger

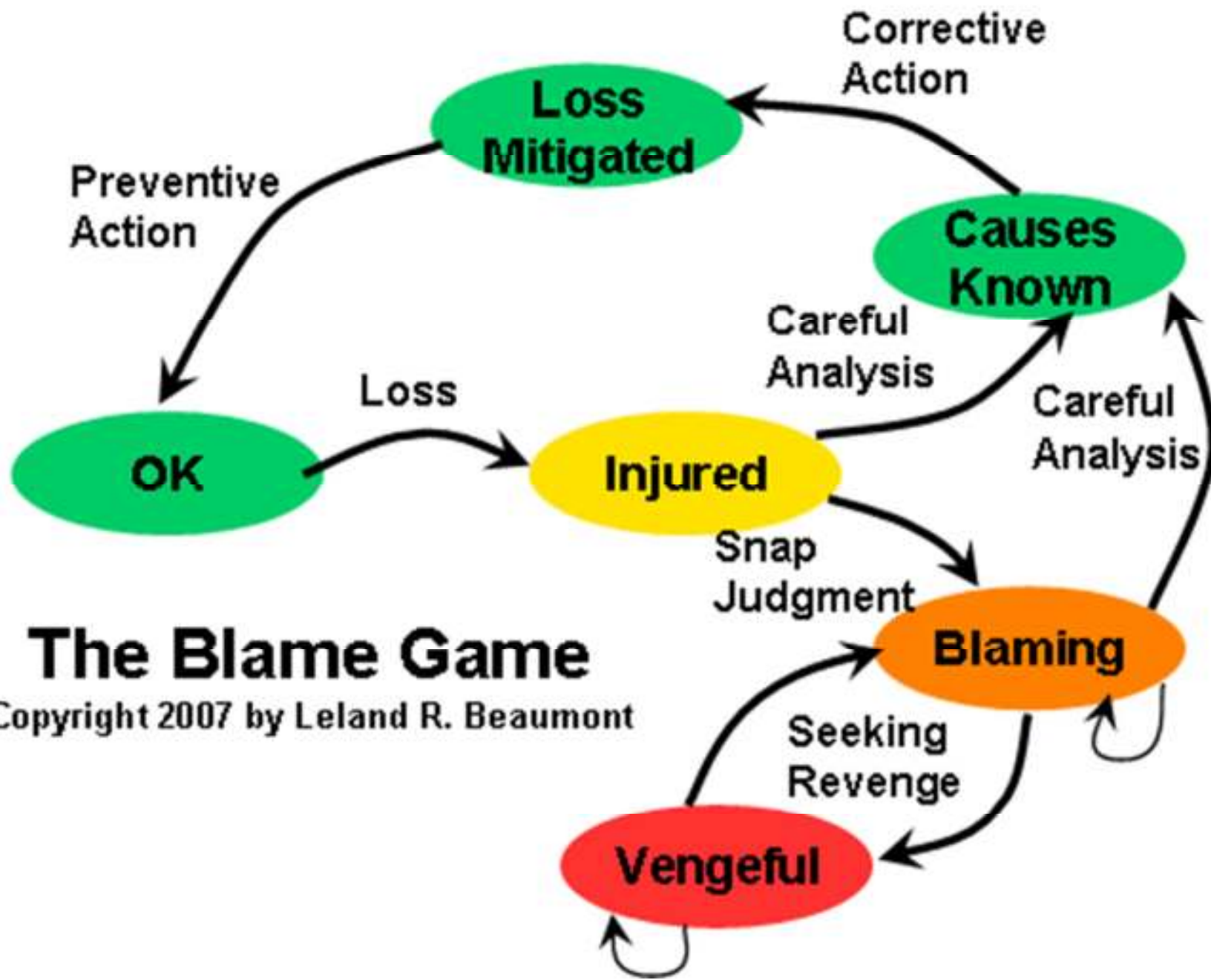
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# Paths of Apology and Forgiveness

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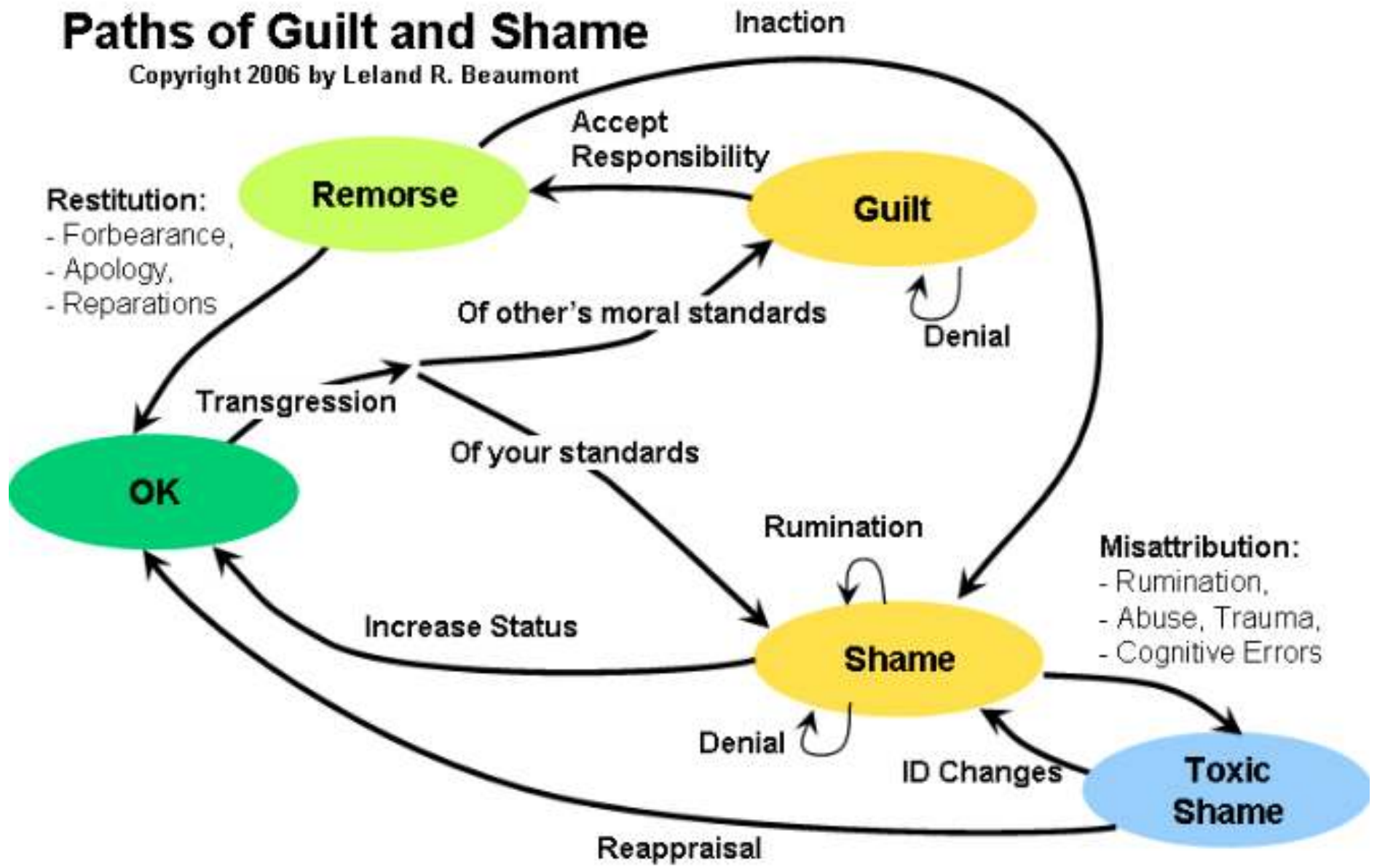


# The Blame Game

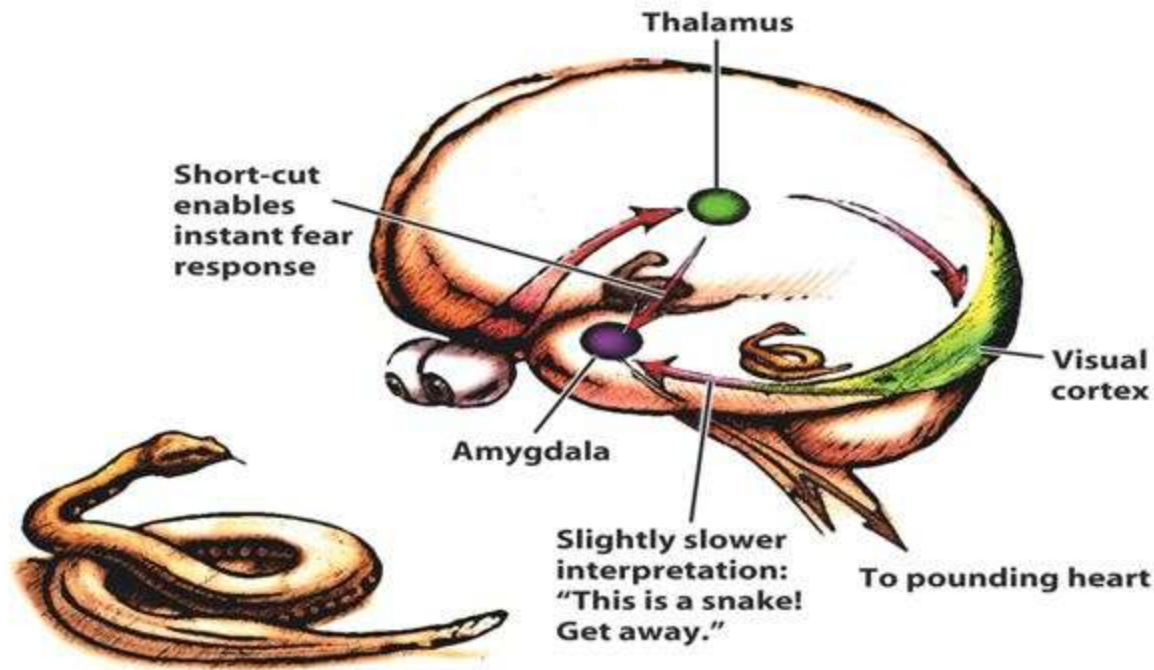
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# Paths of Guilt and Shame

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# Cognition and Emotion



Most emotions go through the “high road”- the path through the cortex (you think about them and are aware of them)

Some emotions can skip the cortex and our body reacts BEFORE we think of them. This is called the “low road”

Likes, Dislikes, Fear- don't require a lot of cognition  
Moods, Hatred, Guilt, Happiness, Love- lots of cognition involved

# **Crossing paths with an idiot**

**is not an excuse  
to also act like an idiot.**

**How you handle yourself is your  
responsibility. The less you let others  
control your emotions, the happier  
you will be.**

**Zero Dean**

## SELF CARE & SOCIAL SUPPORT

## PROFESSIONAL CARE

### HEALTHY

Normal Functioning

Normal mood fluctuations.  
Takes things in stride.  
Consistent performance.  
Normal sleep patterns.  
Physically and socially active. Usual self-confidence  
Comfortable with others.

### REACTING

Common & Reversible Distress

Irritable/Impatient.  
Nervousness, sadness, increased worrying.  
Procrastination, forgetfulness. Trouble sleeping (more often in falling asleep) Lowered energy. Difficulty in relaxing. Intrusive thoughts.  
Decreased social activity.

### INJURED

Significant Functional Impairment

Anger, anxiety. Lingering sadness, tearfulness, hopelessness, worthlessness.  
Preoccupation. Decreased performance in academics or at work. Significantly disturbed sleep (falling asleep and staying asleep).  
Avoidance of social situations, withdrawal.

### ILL

Clinical Disorder. Severe & Persistent Functional Impairment.

Significant difficulty with emotions, thinking High level of anxiety, Panic attacks. Depressed mood, feeling overwhelmed Constant fatigue. Disturbed contact with reality Significant disturbances in thinking Suicidal thoughts/intent/behaviour.





# Stress

## Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgement
- Focusing on the negative
- High levels of anxiety
- Constant worry
- Nervousness

## Emotional Symptoms

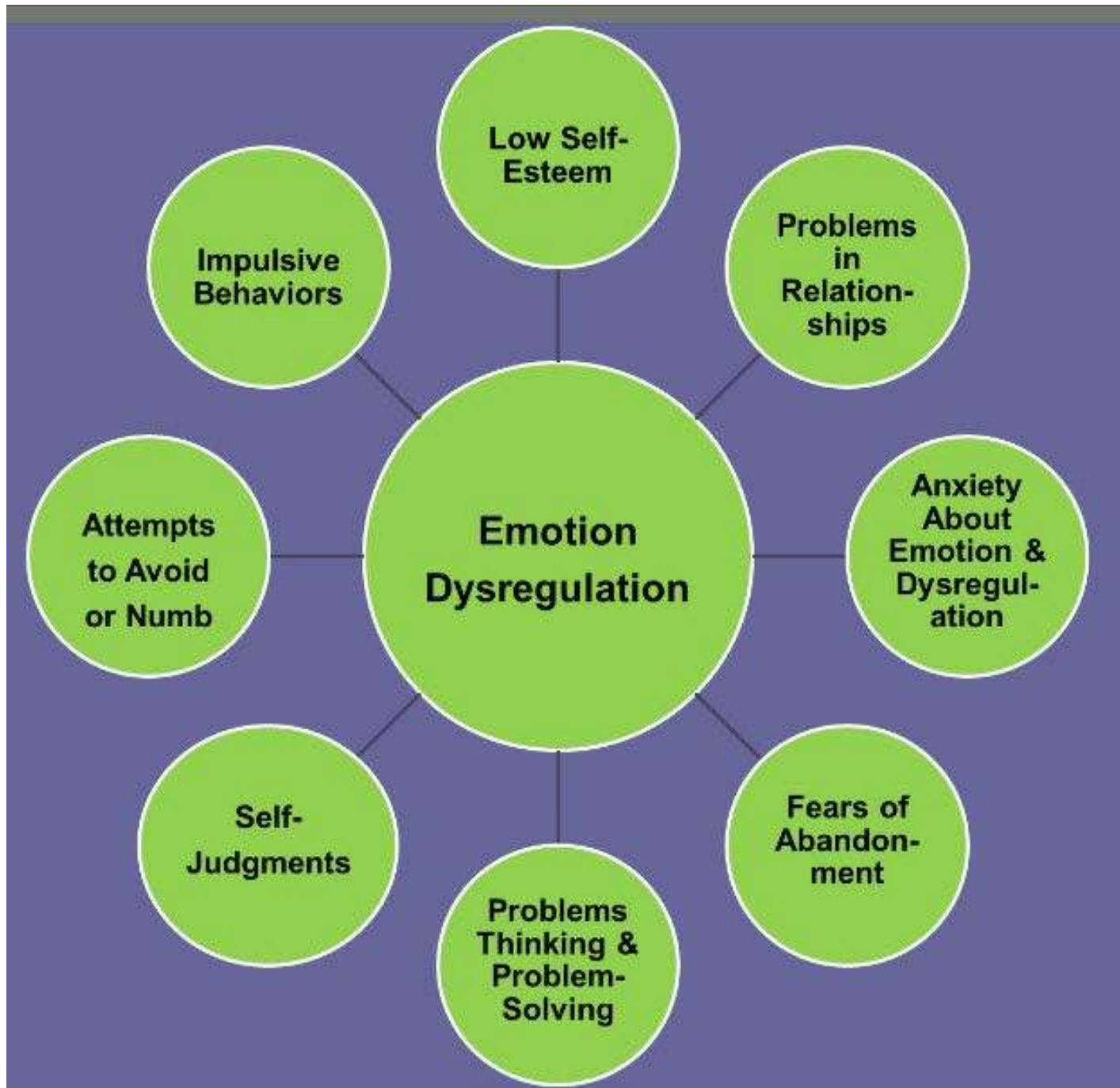
- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

## Behavioural Symptoms

- Eating more or less
- Sleeping disturbance
- Isolating oneself
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

## Physical Symptoms

- Muscle tension and aches
- Gastrointestinal disturbance (diarrhea or constipation)
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds
- Allergic reactions, such as eczema or



# Adverse Childhood Experiences Are Common

## Household dysfunction:

Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

## Abuse:

Psychological	11%
Physical	28%
Sexual	21%

## Neglect:

Emotional	15%
Physical	10%

# Helpguide's 6 Keys to Mental Health



# Retrace Your Path

