



Digestive Health in Menopause

Week 6

www.harleystathome.com

How Can I Manage Anxiety For Digestive Health?

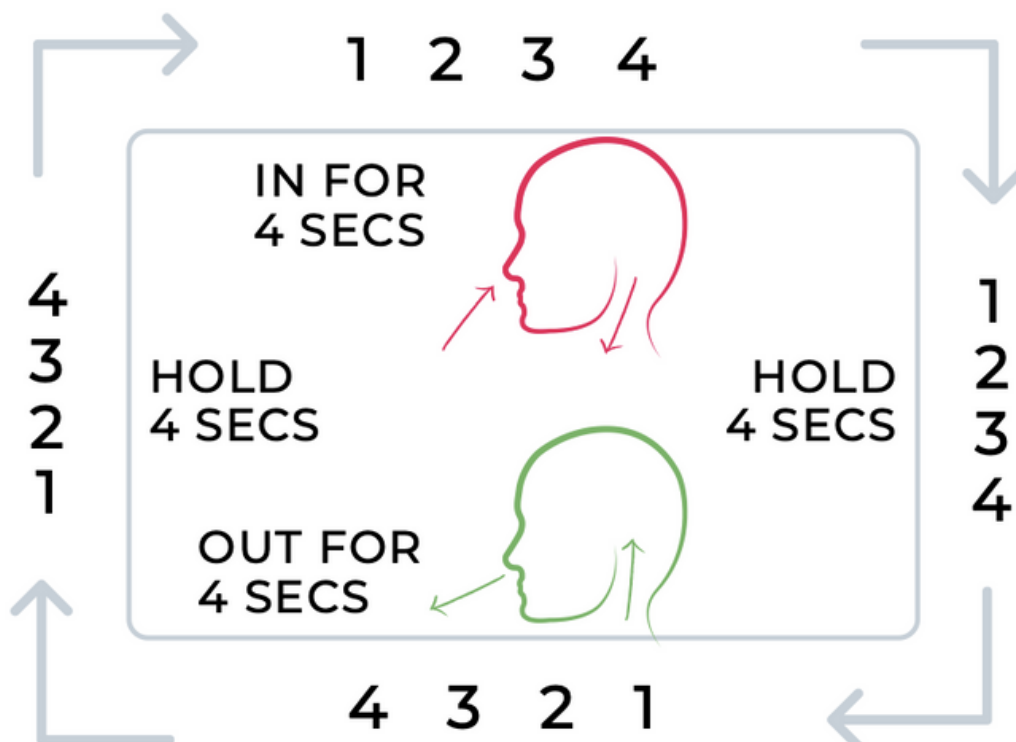
Aims

- To understand how your mind and anxiety can affect your digestive health
- To learn two tools to help manage anxiety

How Does Your Mind Work?

- Your mind will always propel you towards pleasure and away from pain
- It will always do what it thinks you want and takes everything you say literally – remember the faithful dog and wild horse analogies!
- It works with the pictures you create in your imagination and the words that you say to yourself
- Look out for the Mind Movies that you are running – how helpful are they?
- Make the most of constructive, instructional language, e.g. I am...I can...I will...

Box Breathing



Reframing



**Unhelpful
Thought**



Bridge



**Resourceful
Thought**

