

# HOW EMOTIONS SHOW UP IN THE BODY



When we go through tough times, whether it's a breakup, family problems, health issues, or feeling rejected - Our emotions don't just vanish if we ignore them. Sometimes they get "stuck" in our body. These trapped emotions can build up over time and affect how we feel physically and mentally.



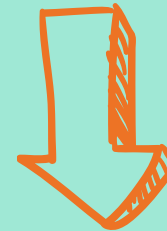
Anxiety might feel like butterflies, shortness of breath, or a racing heart. Trauma can show up as headaches, fatigue, or feeling tense all the time. Shame can make you want to disappear, leaving you feeling drained and stuck.

# MYTH BUSTER

Talking About My Feelings Will Make Things Worse

If I Go to Therapy, Something Must Be Wrong with Me

Therapy Is Always Emotional and Heavy



Therapy is a Confidential space where you can be yourself. Whether you're feeling anxious, low, overwhelmed, or just stuck.

We can have an informal chat to answer any questions

For referral:

Tel: 07593269188

Email us

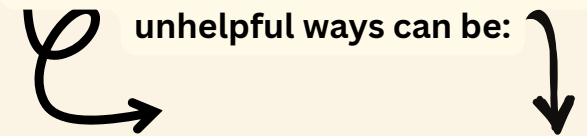
Referrals@shifaacounselling.com

# THE BRAIN'S UNHELPFUL WAYS OF COPING



Therapy helps you figure out why these patterns exist and gives you tools to manage them in healthier ways. some

unhelpful ways can be:



- Zoning out or feeling numb when things get stressful
- Overthinking or expecting the worst, especially after arguments or setbacks
- Pushing people away or struggling to trust anyone
- Avoiding situations (like social events, or family gatherings) as it feels too much.