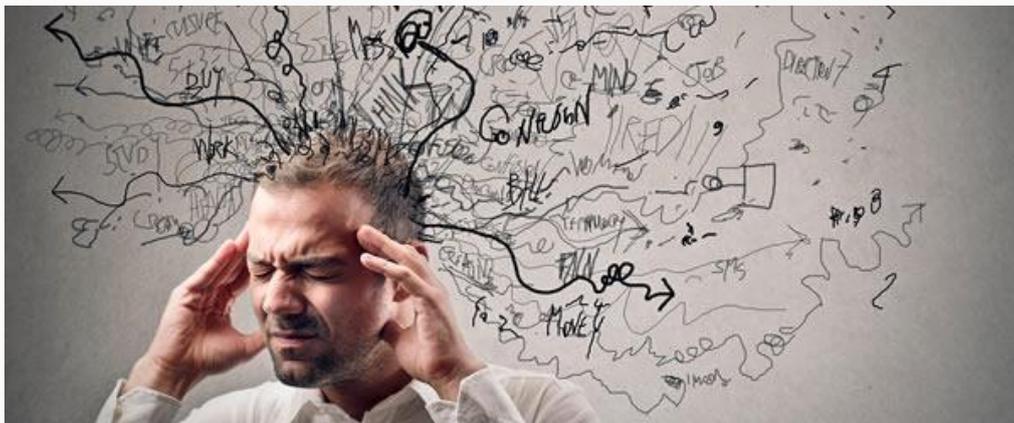


June 2017

Why Does my Body go Haywire when I'm Anxious?



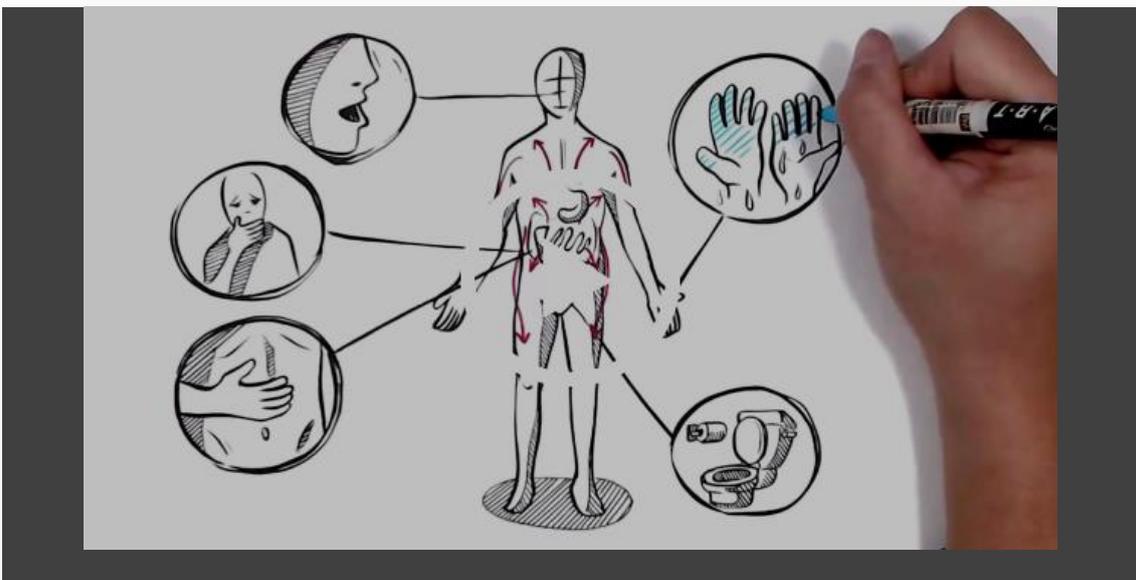
Your body is trying to protect you, through flight or fight!

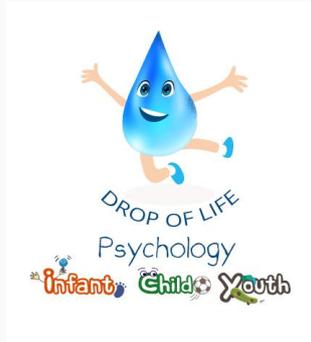
We all get anxious sometimes, I get it, and it can suck! When we have anxiety our body goes into fight or flight. Basically, the brain focuses its resources on getting out of danger and stops other things that usually occur when not under anxiety. If we are in danger this is WONDERFUL!. Once the brain gets signals of threat it triggers off 'stress hormones' such as adrenaline and cortisol to rush throughout our body which cause physical reactions in our body;

- Our heart will pump faster and harder. This creates better circulation and supplies more blood to the brain, muscles and limbs - making our face to flush.
- Our blood pressure oxygen intake intake rises.
- Our muscles will tense ready for action.
- Sweating increases to reduce heat.
- Our pupils will also dilate and we get tunnel vision in order see a path to get safe.
- Our digestive system stops, making us feel nauseous.
- Our kidneys, bladder and intestines slow down.
- Our mouth becomes dry.
- As well as, our immune system and hearing decrease.

The human body really is miraculous at trying to help us survive! The problem is that the response is often triggered by things that aren't putting you in grave danger, or even necessarily happening outside of your head. Essentially, the reaction your body has to fight for your survival in a burning building and non-immediate stressors like bills are roughly the same. Luckily, we have ways of helping anxiety such as mindfulness, so that our body can go back to being brilliant.

Want to know more about fight or flight? Check out this short, brilliant video.





Did you know: we now have a new branch of Drop of Life for Infant Child and Youth?

WHAT'S ON IN JUNE

Infant Mental Health Awareness Week 2017

- The 12th - 16th of June it is Infant Mental Health Awareness Week.
- This is an international initiative from Tweddle Child and Family Health Service.
- The week promotes the importance of attachment and responsive, sensitive care giving experiences for infant-family relationships beginning in the antenatal period.
- It invites Government, industry and consumers to consider the distinct needs of babies and toddlers and to invest in the critical services that support the first thousand days. (conception to age 2).

For more information about Infant Mental Health Awareness Week or you would like to get involved

please click the on the links below

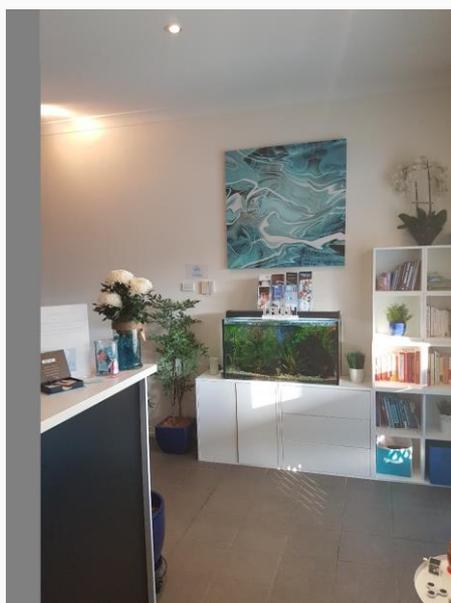


[Learn More](#)

[Donate](#)

WE HAVE UPDATED OUR LOOK!

The Drop Of Life office has been revamped!!! Look at the wonderful changes!



A tip from

Benji



You are
capable of
amazing
things.
~~~~~

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**Come see our.....**



**The team at Drop Of Life have been gathering information from their collective experiences and have brought it to the practice for your reading pleasure.**

**We have been tackling subjects such as:**

- Why we love Sheldon Cooper from The Big Bang Theory?
- When Children Lie.
- A message to parents and carers about the importance of caring for yourself.
- "Have 3x30 daily and call me in the morning"
- How Can I Manage Stress?
- Grief and loss in children with intellectual disabilities.
- What do women really want?
- Conforming to the norm.
- The arrival of the new baby and adjusting to parenting.
- Therapy with kids and teens.
- Depression.
- The tough teen years.
- How to teach your children Emotional Intelligence.

***If you are interested in reading more about these topics or would like to subscribe to our blog, please click link below.***

**Drop Of Life Blogs - Please Click Here**

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*THE WINNER OF THE GENDER COMPETITION IS*

*SANDRA*

*You win this gorgeous smelling body butter! (sorry it will not include a trip to the Effie Tower ..shame!)*



**This Month's Competition**



Get your fingers around a pencil and get Coloring!

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**ONLINE BOOKINGS  
NOW AVAILABLE  
With  
HealthKit**

Each of our providers has their own link on our website

[www.dropoflife.com.au](http://www.dropoflife.com.au)

or click on the link below and get started

[Find a HealthKit Practitioner](#)

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