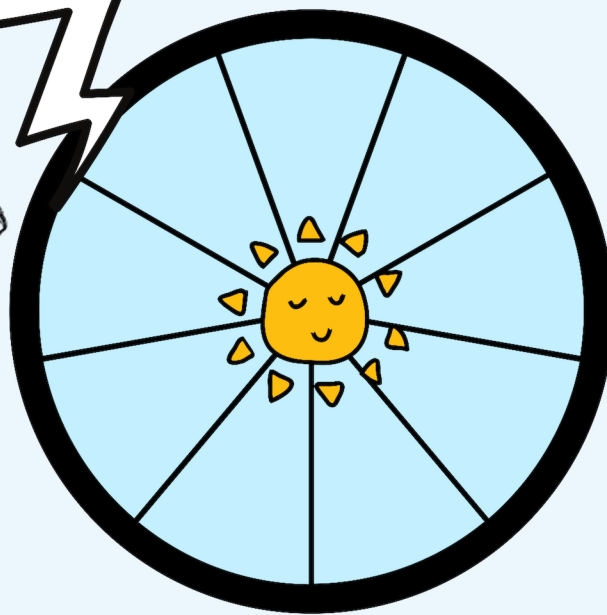
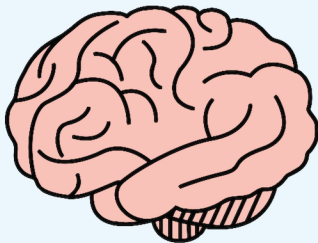


TÉCNICA GROUNDING REGULA TU ANSIEDAD

MATERIAL
Rueda del SOL
9 nubes
1 cerebro
2 monigotes
1 corazón

Deben ir anotando
en las nubes lo
que indica cada porción
de la rueda.



CONOCIENDO MI ANSIEDAD

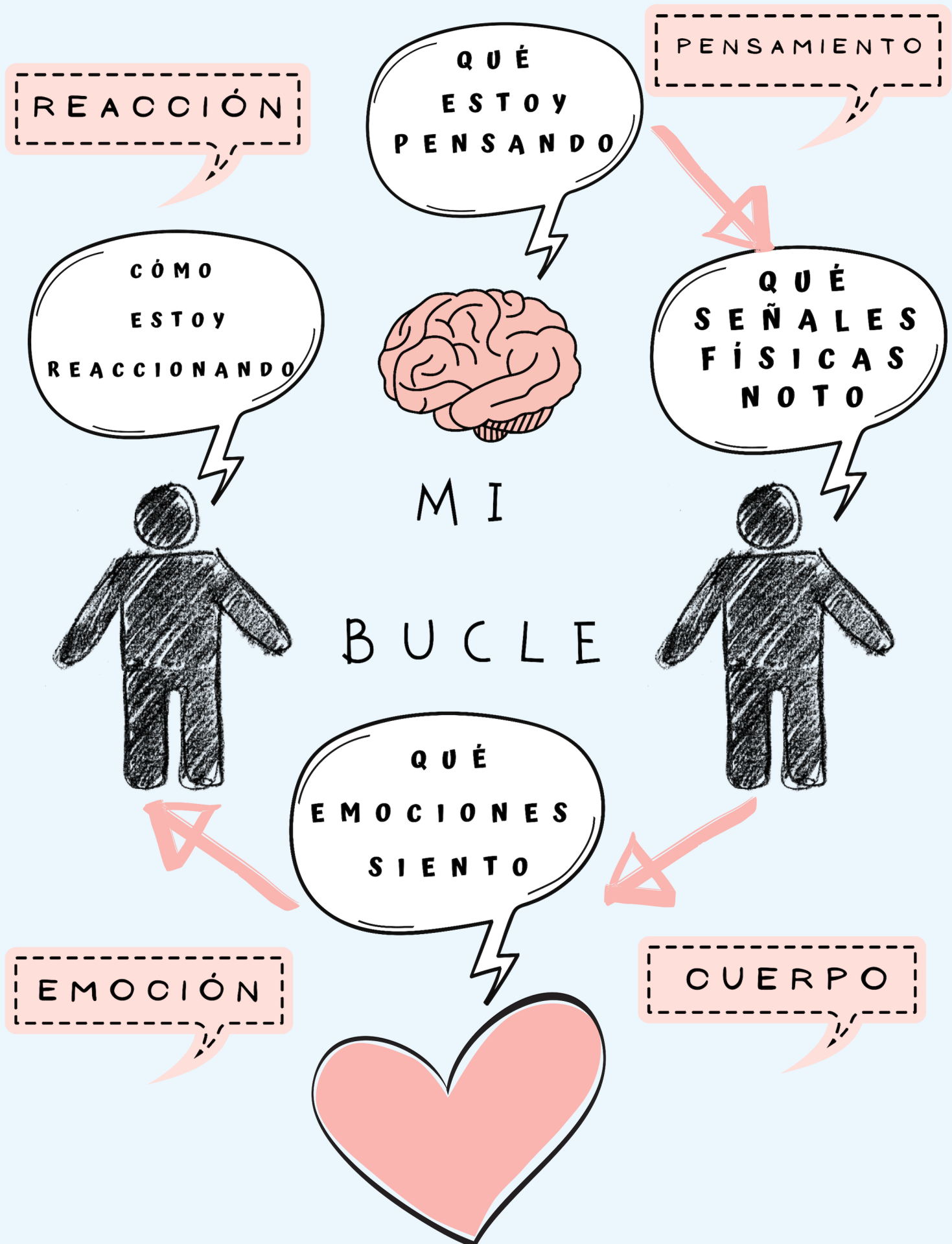
La ansiedad y el estrés son reacciones físicas y emocionales ante un peligro (real o infundado)

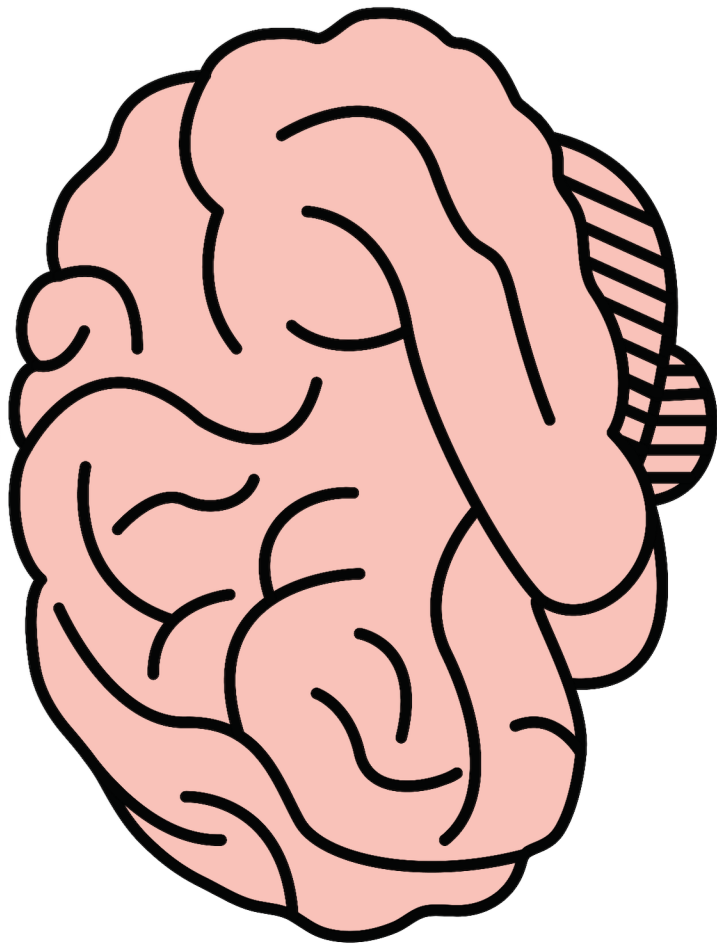
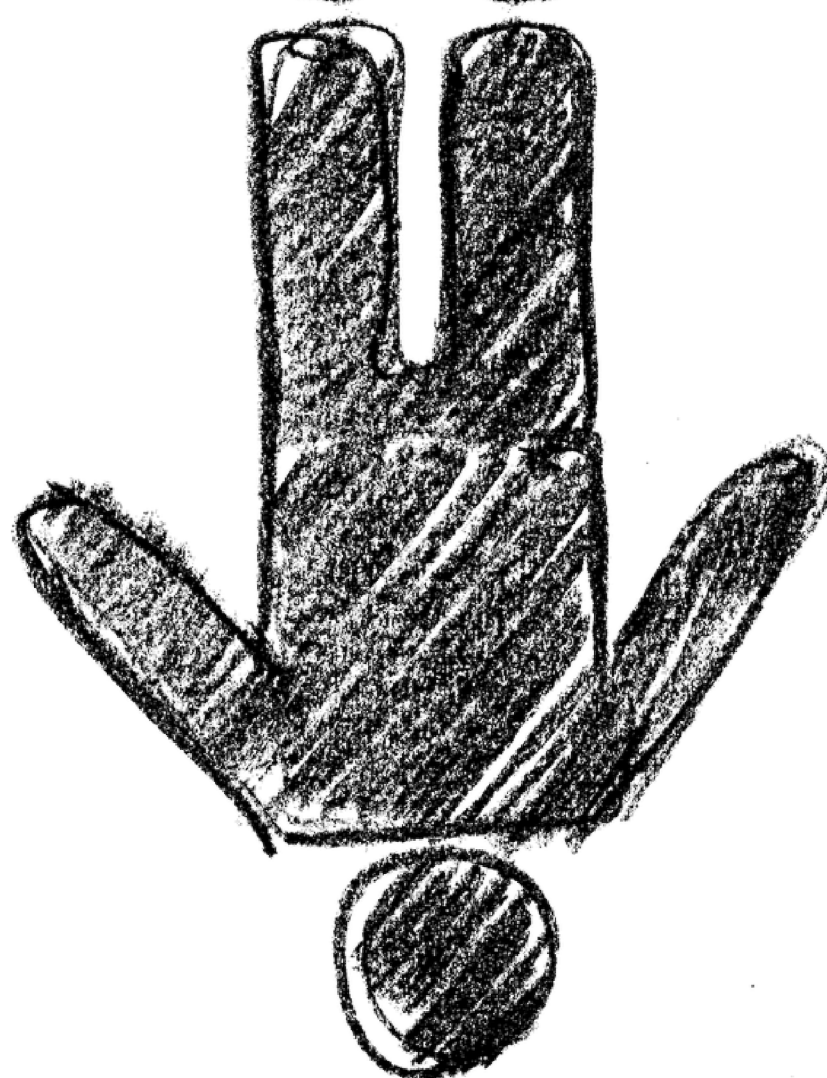
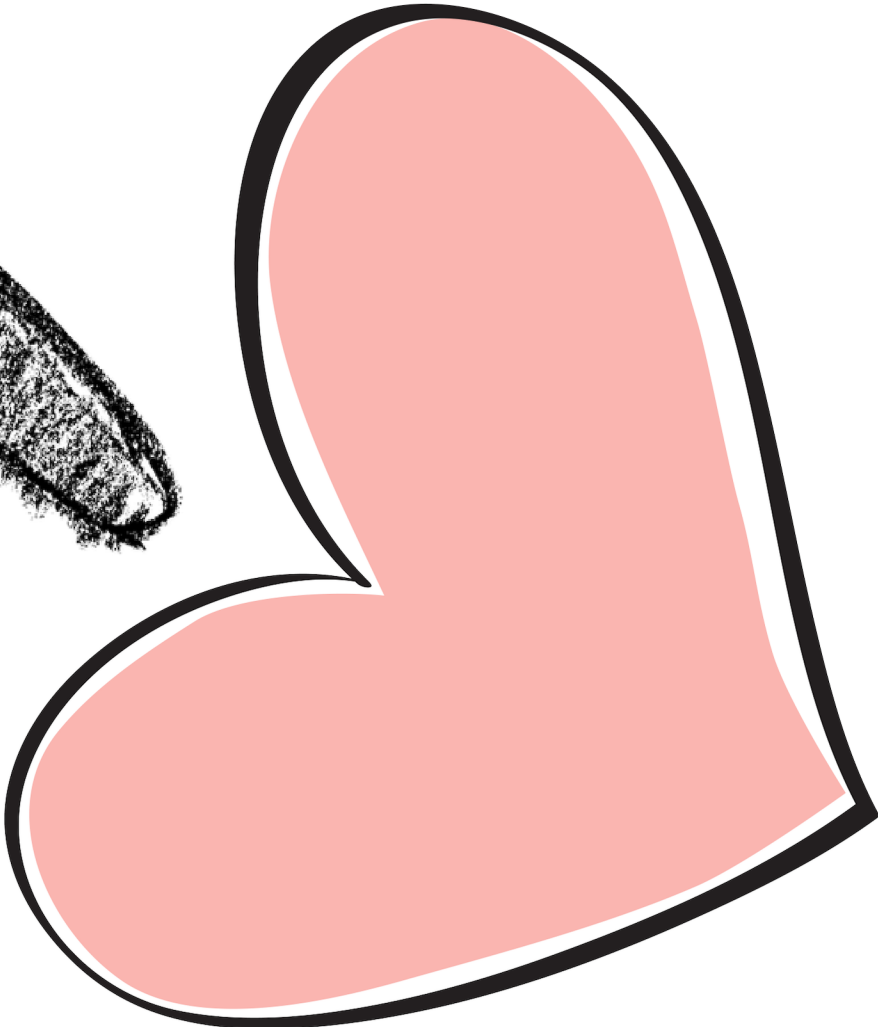
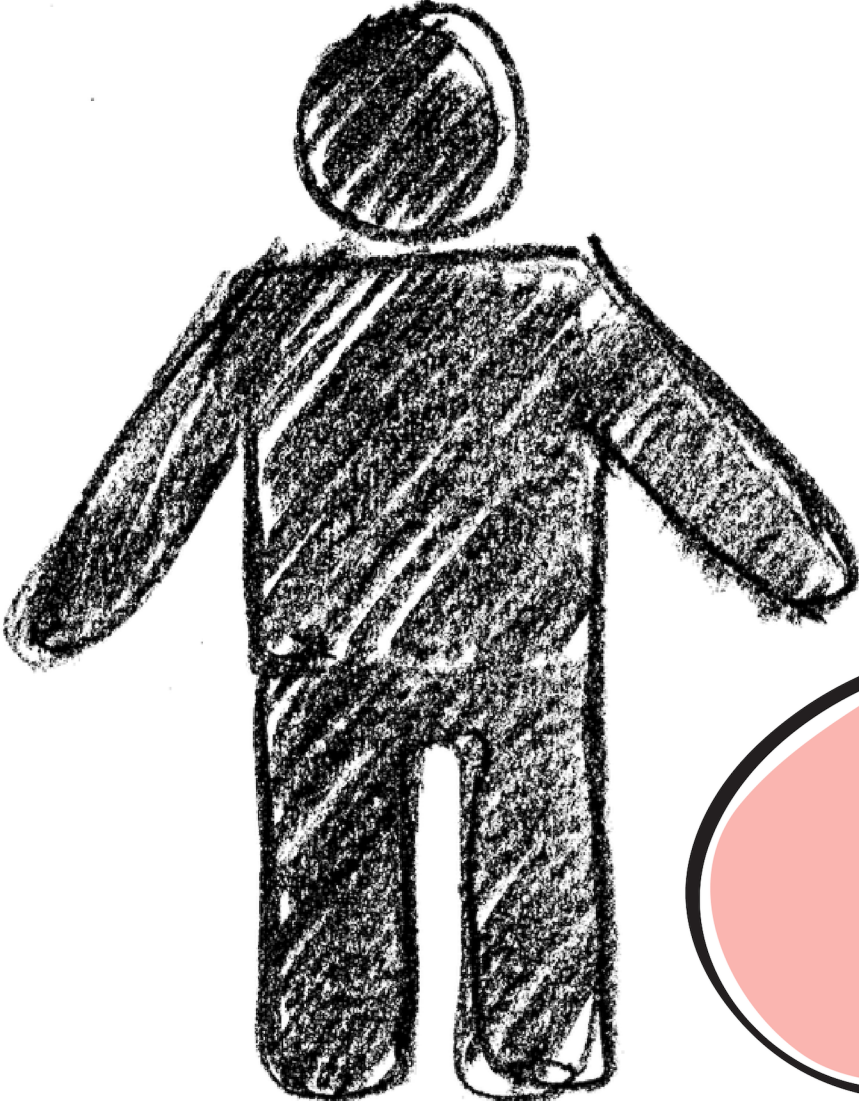
Solemos asociar situaciones presentes a circunstancias pasadas o futuras, lo cual, nos lleva a una interpretación exagerada, desproporcionada e irreal.

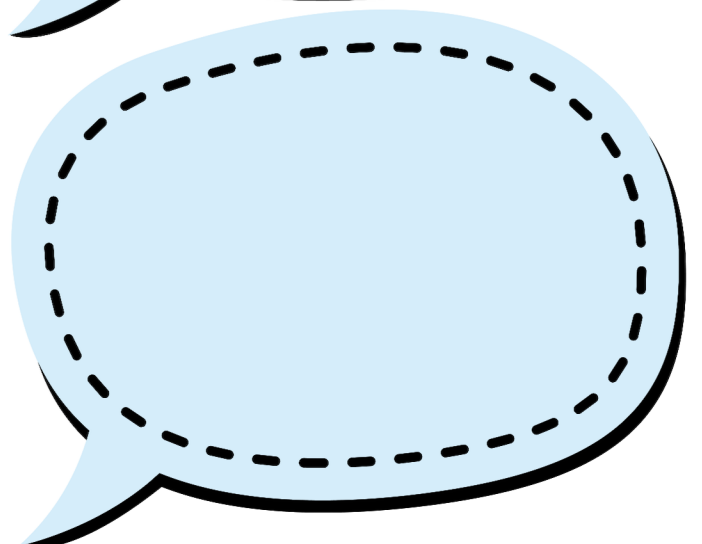
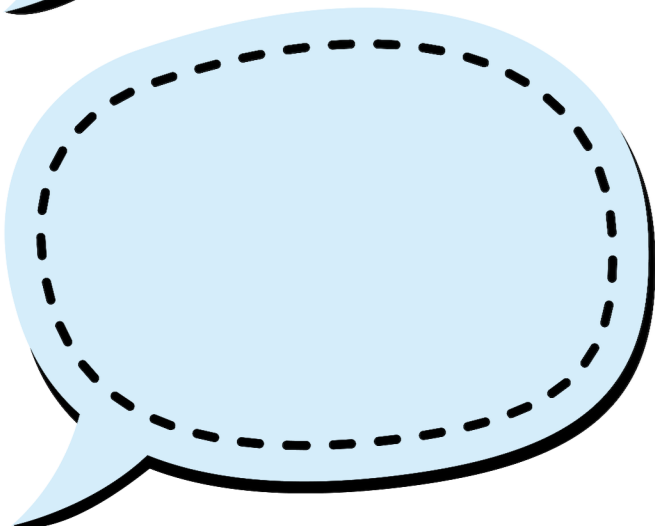
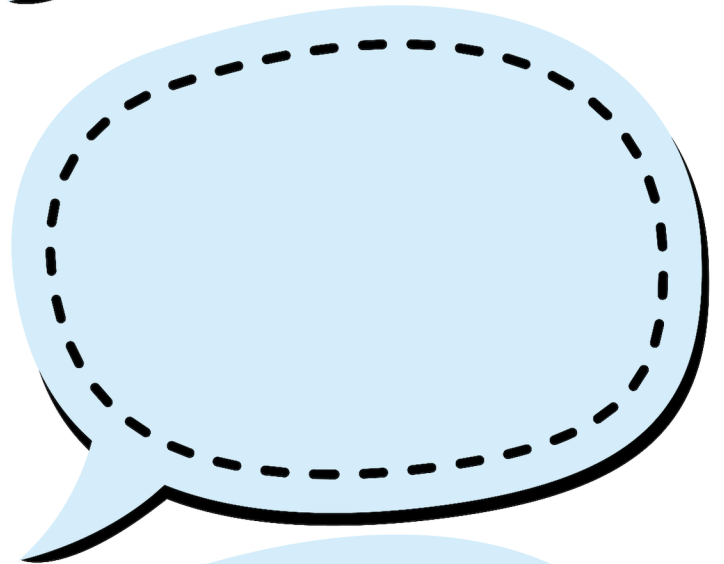
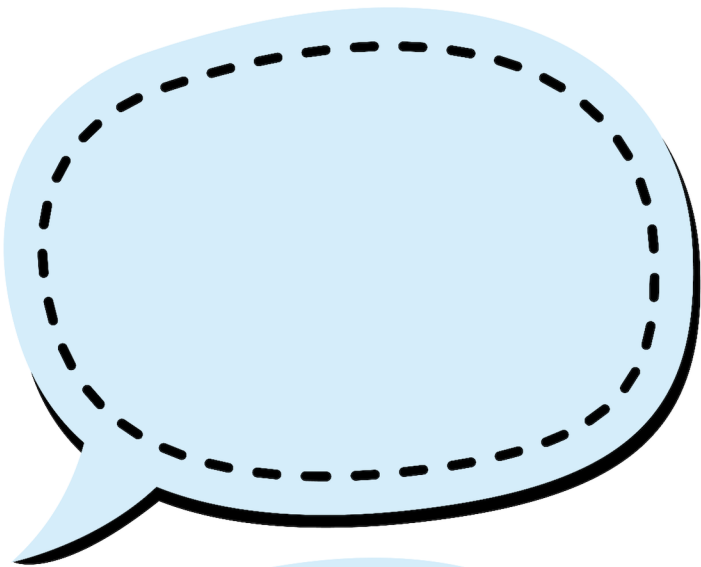
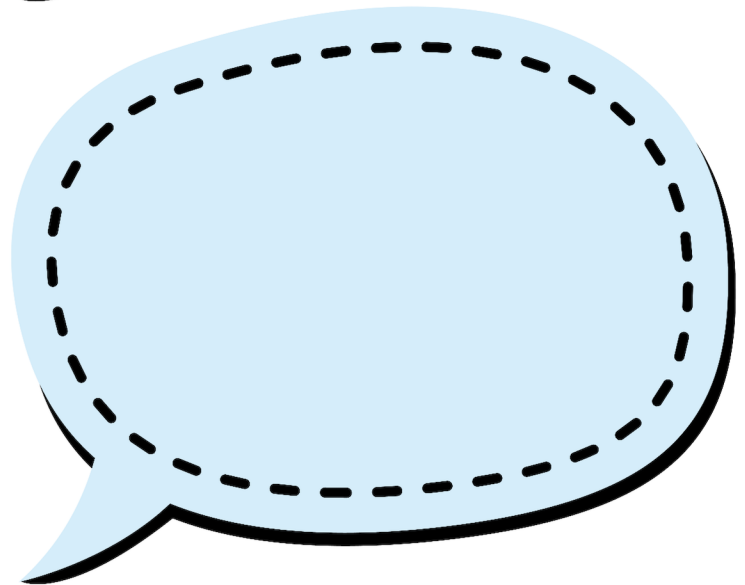
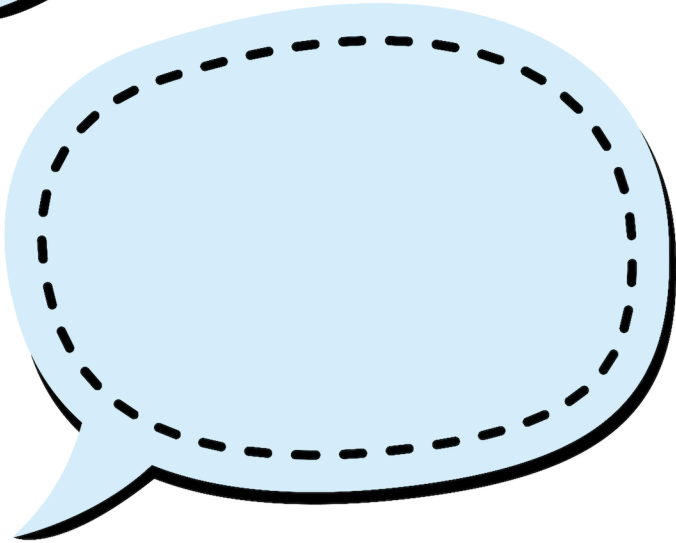
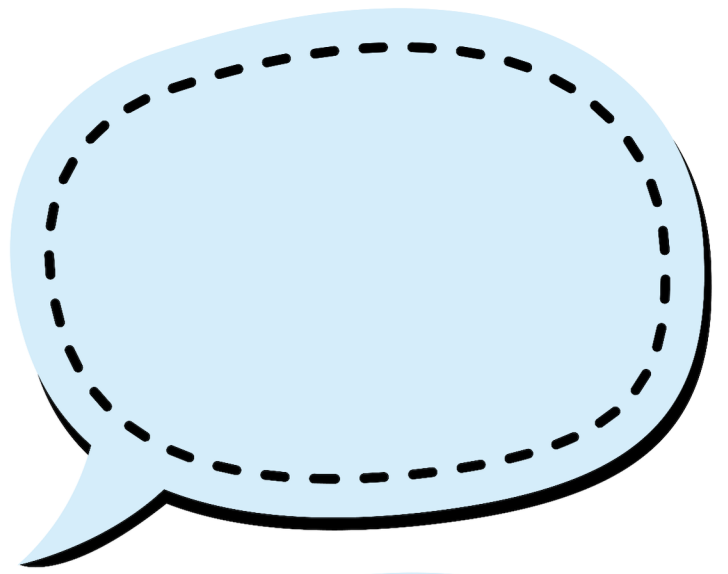
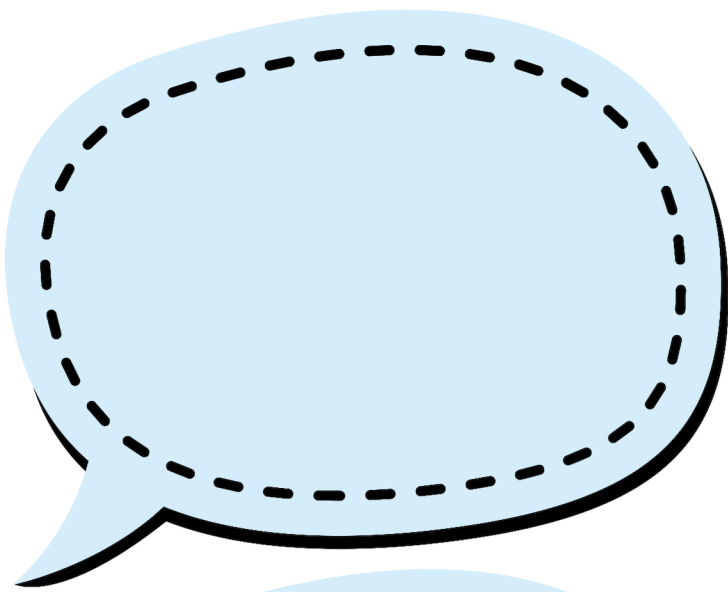
Nuestra ansiedad se activa con la presencia previa de pensamientos negativos, que ocasionan una serie de señales físicas, junto a descargas emocionales que nos llevan a reaccionar de una forma u otra.

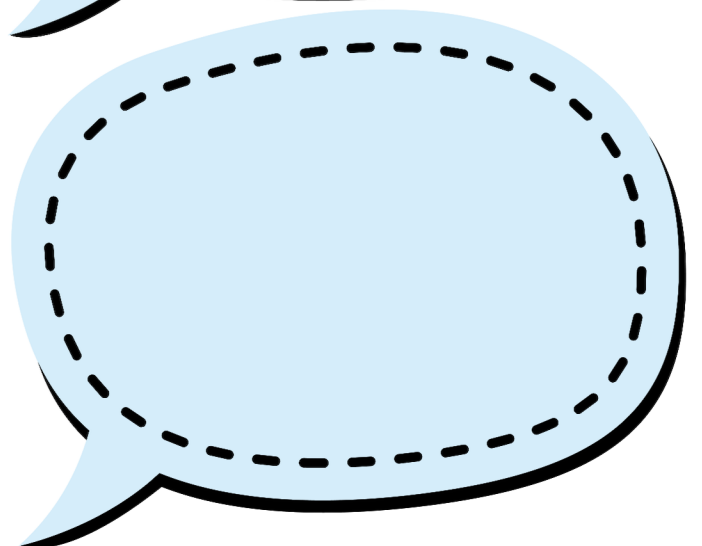
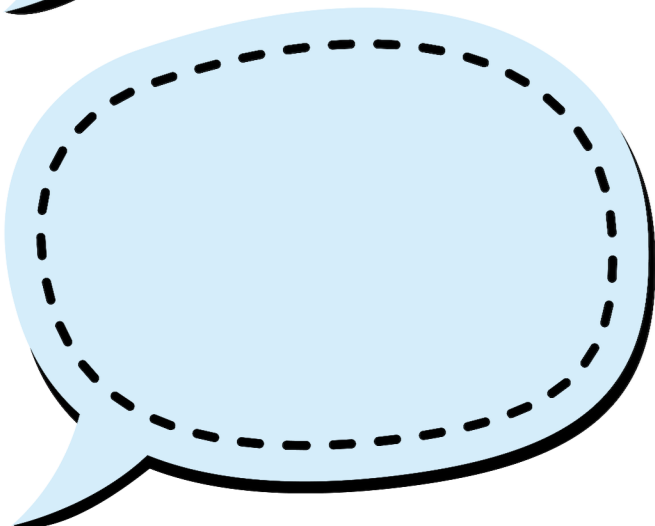
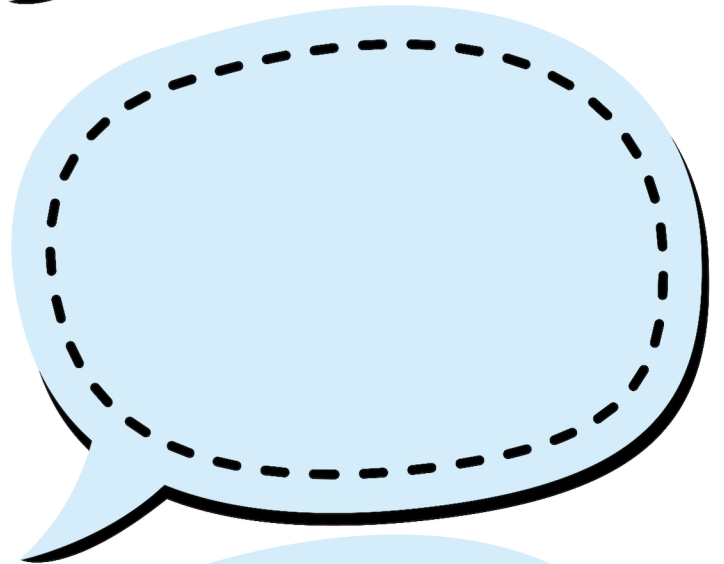
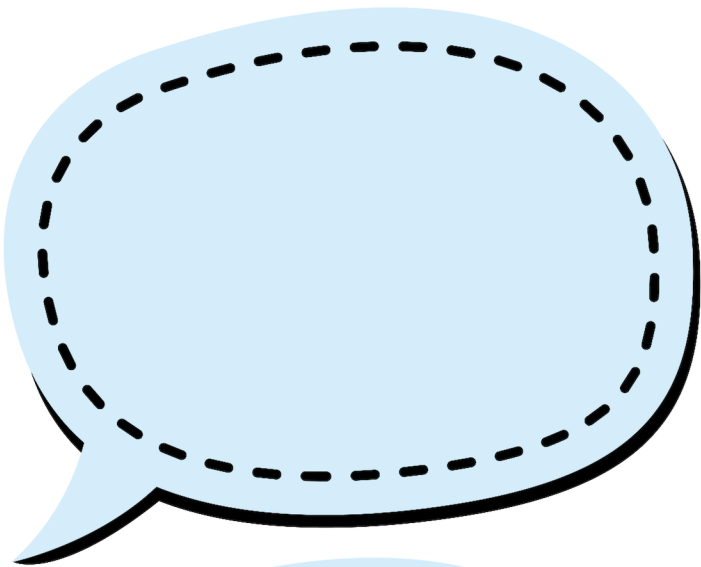
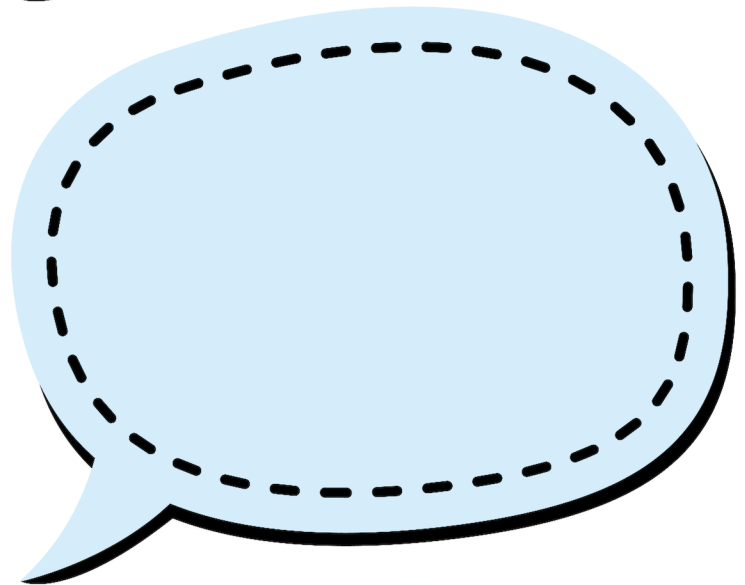
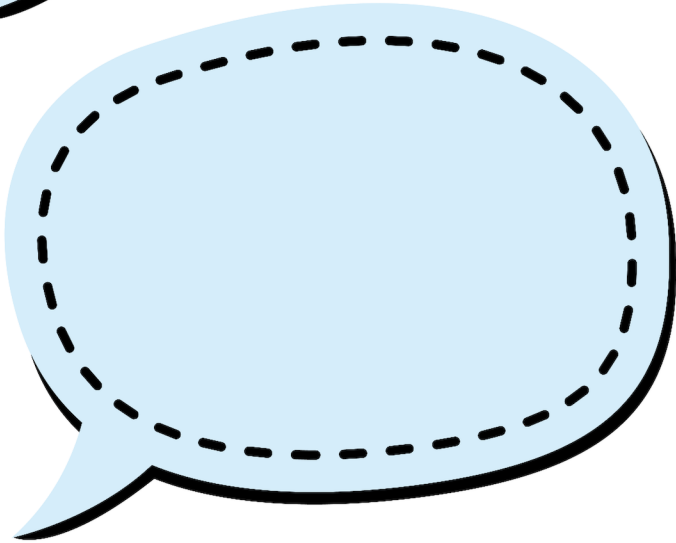
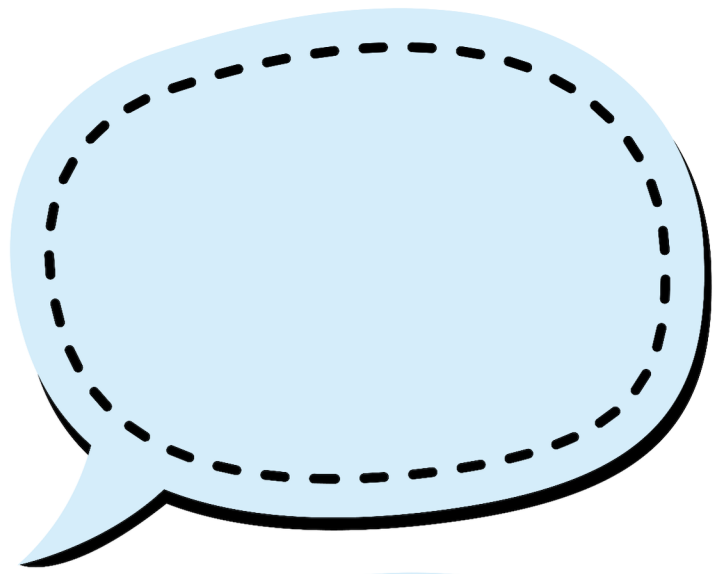
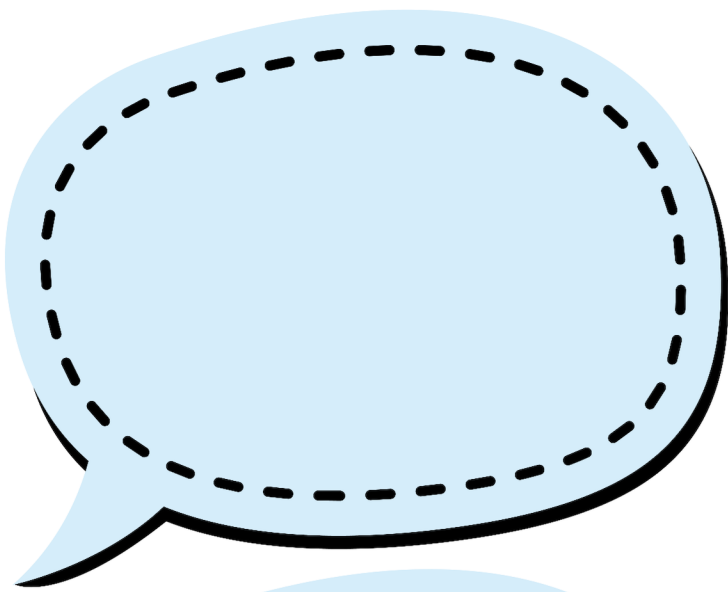
TÉCNICA GROUNDING

REGULA TU ANSIEDAD









PENSAMIENTO

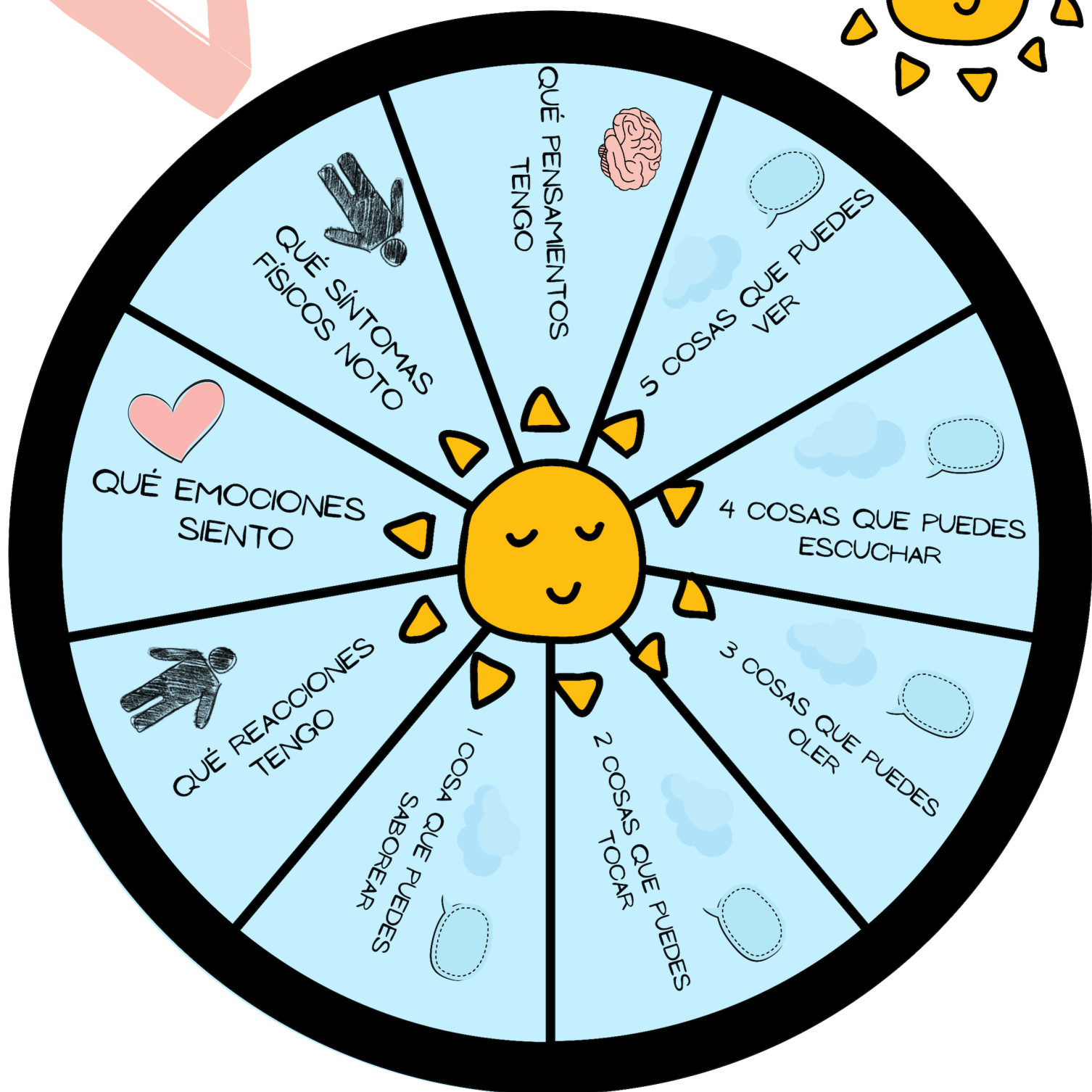
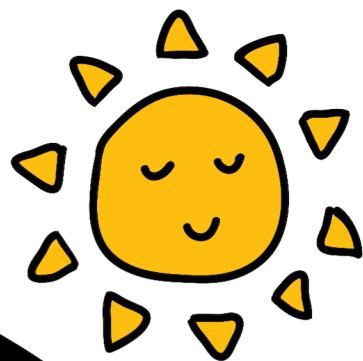
CUERPO

EMOCIÓN

REACCIÓN







RUEDA EMOCIONAL