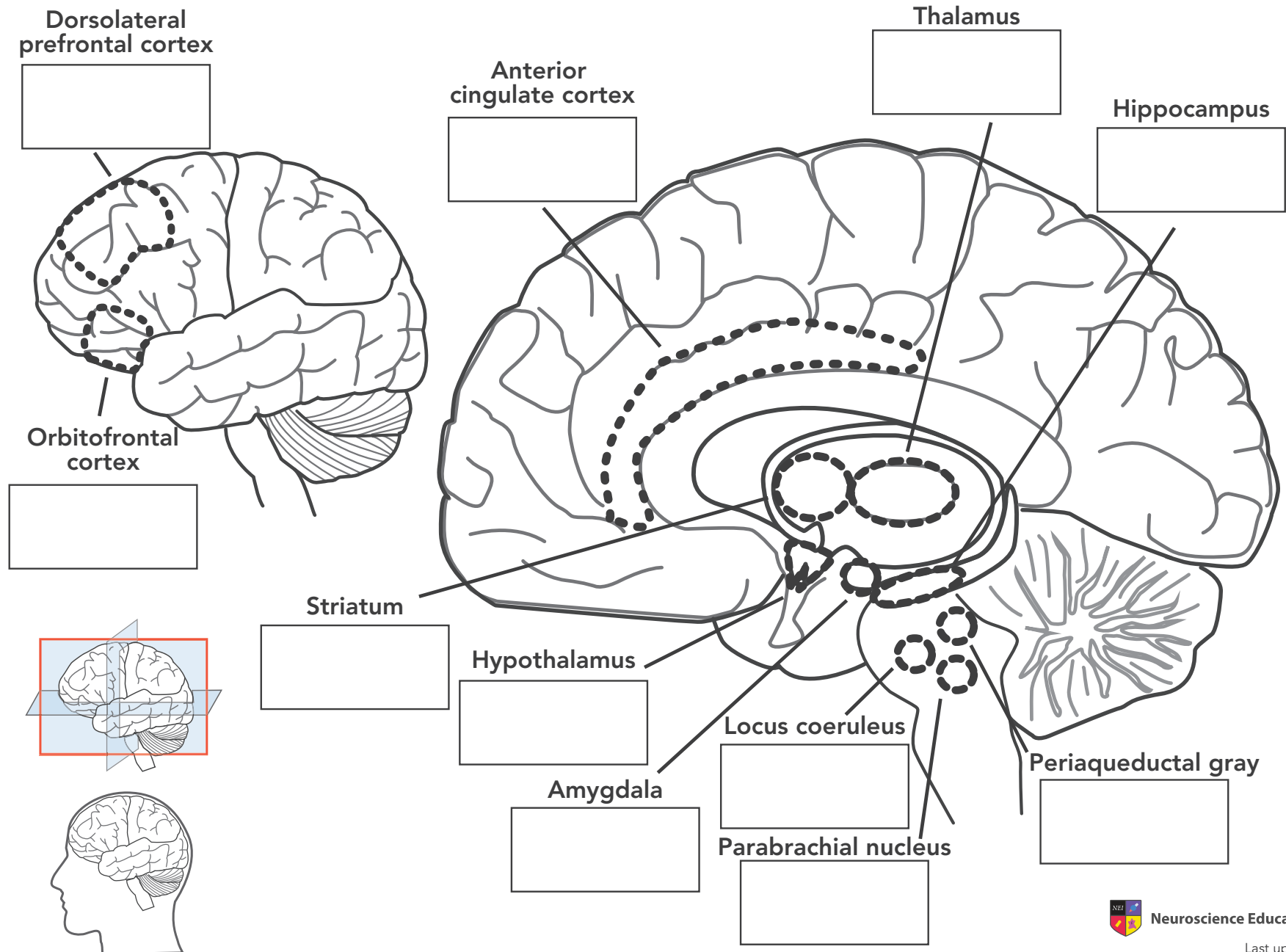


Anxiety Neurobiology Coloring Page

Write in the symptoms of anxiety associated with each brain region (see back page) and color each with your favorite colors!



Anxiety Neurobiology Coloring Page

Symptoms of Anxiety	Description of Symptoms	Associated Brain Regions
Avoidance	Motor responses like freezing or running away in order to avoid a threat from the environment	Periaqueductal gray
Changes in respiration	Increases in the rate of respiration, but also symptoms such as shortness of breath, worsening of asthma, or a sense of being smothered	Parabrachial nucleus
Elevated autonomic output	Increases in autonomic responses associated with feelings of fear, such as increases in heart rate and blood pressure	Locus coeruleus
Elevated stress hormones	Increase in cortisol release following activation of the hypothalamic-pituitary-adrenal (HPA) axis by the amygdala	Hypothalamus
Fear	An unpleasant and often strong emotion caused by anticipation or awareness of danger	Amygdala, Anterior cingulate cortex, Orbitofrontal cortex
Re-experiencing	Activation of traumatic memories stored in the brain that generates a fear response	Hippocampus
Worry/obsessions	Worry is experienced from concern about a real or imagined issue; worry becomes obsession when an idea or thought continually preoccupies or intrudes on a person's mind	Dorsolateral prefrontal cortex, Striatum, Thalamus

