

Anxiety Neurobiology Coloring Page

Color each brain region that is linked to different symptoms of anxiety.

Dorsolateral prefrontal cortex

- Worry/obsessions

Orbitofrontal cortex

- Fear

Anterior cingulate cortex

- Fear

Thalamus

- Worry/obsessions

Hippocampus

- Remembering traumatic memories

Striatum

- Worry/obsessions

Hypothalamus

- Increased stress hormones

Amygdala

- Fear

Locus coeruleus

- Increased blood pressure and heart rate

Periaqueductal gray

- Avoiding threats or stressors

Parabrachial nucleus

- Changes in breathing

