

## ANXIETY DISORDERS

Worry  
Panic  
Racing thoughts  
Restlessness  
Fear



## DEPRESSION

Persistent sadness  
Loss of interest  
Fatigue  
Hopelessness  
Low self-worth



## BIPOLAR DISORDER

Mood swings  
Highs and lows  
Energy shifts  
Racing thoughts  
Impulsivity



## POST-TRAUMATIC STRESS DISORDER (PTSD)

Flashbacks  
Nightmares  
Hypervigilance  
Emotional numbness  
Avoidance



## PERSONALITY DISORDERS

Difficulty with emotions, self-image and relationships  
Patterns that affect daily life

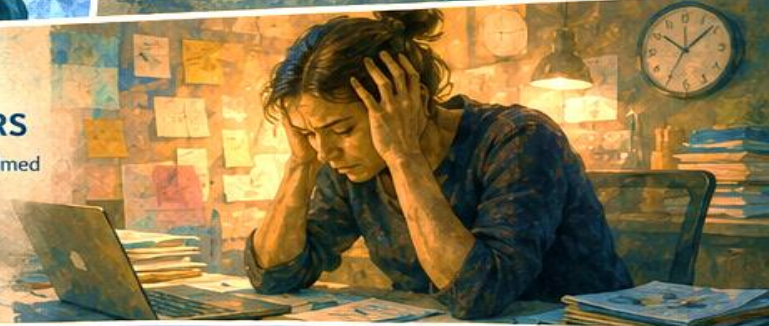


# Mental Health Conditions

Many experiences.  
Many stories.  
One humanity.

## STRESS DISORDERS

Feeling overwhelmed  
Pressure  
Burnout  
Irritability  
Exhaustion



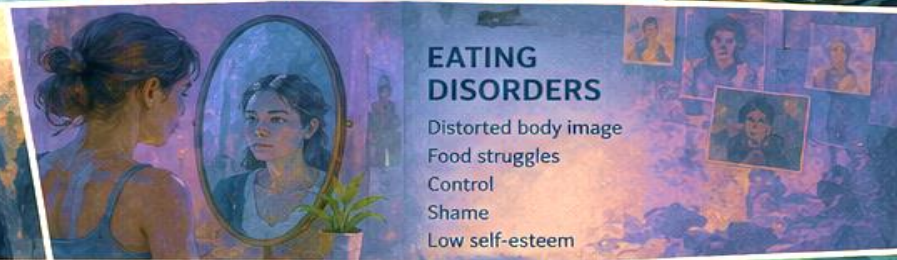
## OBSESSIVE-COMPULSIVE DISORDER (OCD)

Intrusive thoughts  
Compulsions  
Repetitive behaviours  
Need for certainty



## EATING DISORDERS

Distorted body image  
Food struggles  
Control  
Shame  
Low self-esteem



## ADHD

Inattention  
Hyperactivity  
Impulsivity  
Difficulty focusing  
Disorganisation



## AUTISM SPECTRUM CONDITIONS

Different ways of thinking  
Sensory sensitivities  
Social differences  
Need for routine



## SOCIAL ANXIETY DISORDER

Fear of judgement  
Self-consciousness  
Avoidance  
Racing thoughts  
Low confidence



## PHOBIAS

Intense fear  
Avoidance  
Physical symptoms  
Loss of control  
Panic



## SLEEP DISORDERS

Insomnia  
Restless sleep  
Night waking  
Daytime fatigue  
Poor concentration



## SUBSTANCE USE DISORDERS

Dependency  
Loss of control  
Health problems  
Impact on relationships  
Emotional pain



## SEASONAL AFFECTIVE DISORDER (SAD)

Low mood in winter  
Low energy  
Oversleeping  
Social withdrawal  
Difficulty functioning



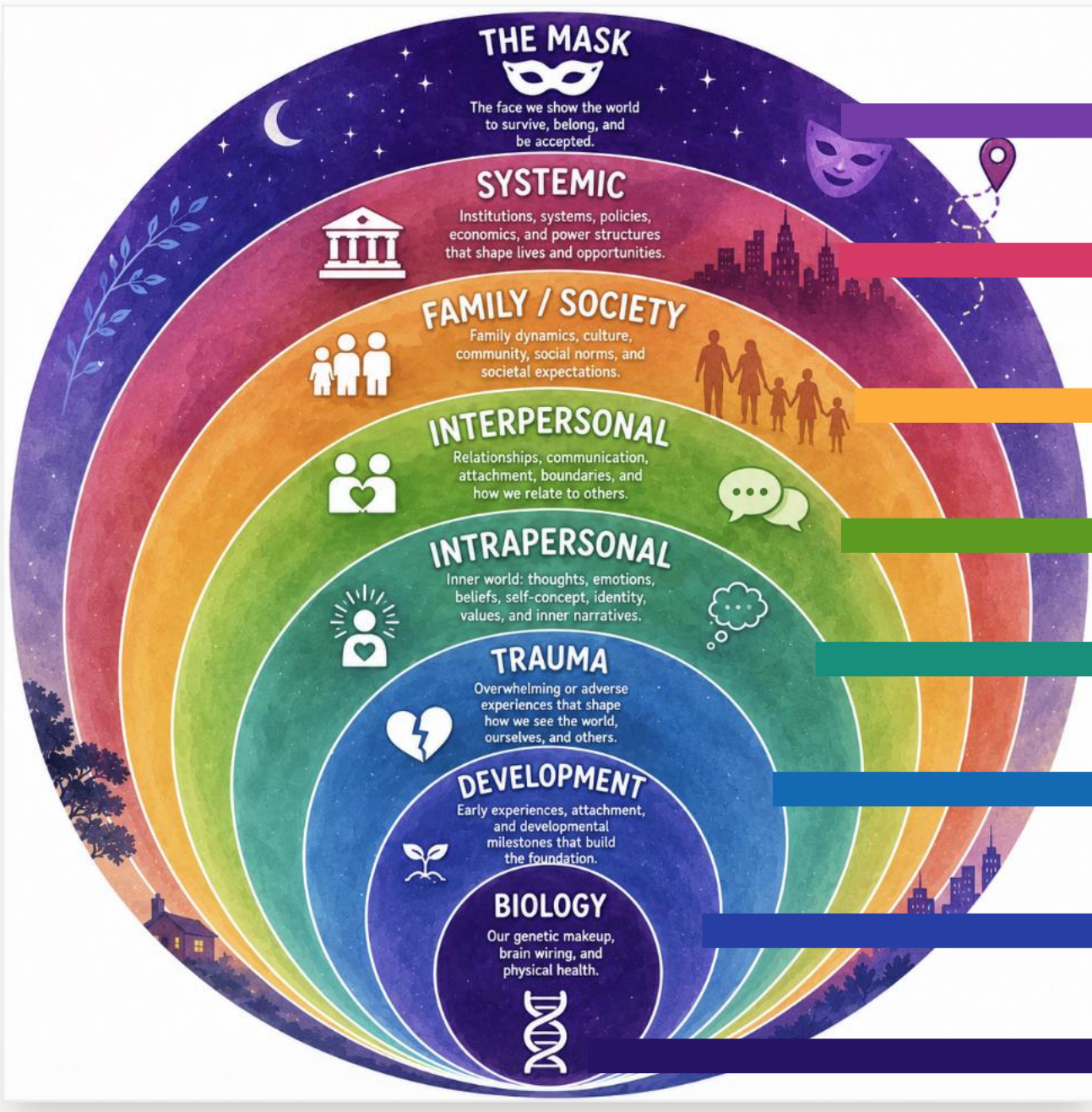
## PSYCHOTIC DISORDERS

Distorted thinking  
Hallucinations  
Delusions  
Disconnection  
Need for support



Theme	What it addresses	Examples (Diagnoses/Labels)
<b>Threat/Safety</b>	How safe do I feel? Am I expecting danger?	Paranoid Personality Disorder Complex Post Traumatic Stress Disorder (CPTSD)
<b>Connection/ Isolation</b>	How do I relate? Do I reach out or withdraw?	Schizoid, Avoidant, Autism
<b>Identity/ Self-worth</b>	Who am I? Do I feel worthy or invisible?	Borderline (Emotionally Unstable) Personality Disorder Narcissistic Personality Disorder
<b>Emotional Regulation</b>	How do I manage feelings? Do I get overwhelmed?	EUPD Attention Deficit Hyperactivity Disorder (ADHD) Complex PTSD
<b>Control/ Flexibility</b>	How do I handle change? Do I need control, or struggle with flexibility?	Obsessive-Compulsive Personality Disorder Autism
<b>Attention/ Executive Function</b>	How do I focus and organise? How do I plan and follow through?	ADHD
<b>Social Cognition</b>	How do I interpret others? Do I understand social cues and intentions?	Autism Schizotypal
<b>Attachment</b>	How do I bond and trust? How do I experience closeness?	EUPD, Dependent Personality Disorder Complex PTSD
<b>Shame</b>	Do I feel flawed, unworthy, not enough?	Avoidant, Complex PTSD, Narcissistic PD
<b>Impulsivity</b>	How do I manage urges? Do I act before thinking?	ADHD, EUPD Antisocial Personality Disorder

# The layers of who we are



The face we show the world to survive, belong and be accepted

Institutions, systems, policies, economics, power structures that shape lives and opportunities

Family dynamics, culture, community, social norms and societal expectations

Relationships, communication, attachment, boundaries and how we relate to others

Inner world, thoughts, emotions, beliefs, self-concept, identity, values and inner narratives

Overwhelming or adverse experiences that shape how we see the world, ourselves and others

Early experiences, attachment and developmental milestones

Our genetic make up, brain wiring and physical health