

DISCLAIMER

Emotions related to organs

PS: Too much negativity & stress will cause these organs to eventually fail or get inflamed and/or miss-function



ANXIETY

HEART, SMALL INTESTINES
& NERVOUS SYSTEM

DEPRESSION

COLON & LUNGS

WORRY

SPLEEN, PANCREAS & STOMACH



What to DO to fix stress?

REST - SLEEP - RELAX - SAVE - BREATH diaphragmic



**Your Parasympathetic Nervous System will
thank you!**

