MINDTHEORY

Small moments. Big feelings. You're not alone. ♡

Progress over Perfection ♡

A Calmer You — A Kinder World ♡

SAME FEELINGS
A BRIGHTER TOMORROW
YOU GOT THIS

HEALTHIER MIND
KINDER HABITS
BRIGHTER DAYS

Visual Guide:

Understanding Emotional Triggers

Why Small Things Trigger Big Emotions Sometimes

It's not overreacting. It's a full cup. ♡

1 The Overflowing Cup (Stress Accumulation)

It's rarely just one thing. Small stressors add up throughout the day, and eventually your emotional cup overflows.

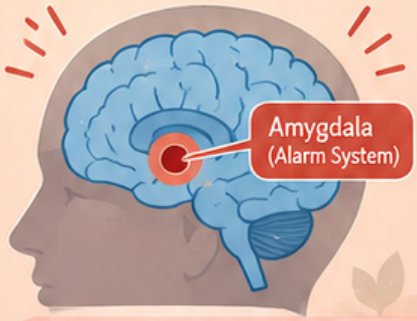


A small trigger can make it spill.

It's not "too sensitive" It's a full cup. ♡

2 Allostatic Load & Amygdala Hijack

When stress build ups, your brain stays on high alert (allostatic load). This can make your amygdala (the brain's threat detector) overreact, even to small things.



- Perceives smaller things as bigger threats
- Triggers fast, intense emotional reactions
- Harder to think rationally in the moment

A stressed brain reacts. A rested brain responds.

3 Window of Tolerance & Physical Needs

When you're outside your window of tolerance, your emotions feel bigger and harder to manage. Your basic needs (HALT) play a huge role.

Overwhelmed
(Anxiety, anger, panic)

Window of Tolerance
(Calm, balanced, in control)

Underwhelmed
(Numb, shut down, low energy)

HALT Check-In

- **Hungry?** Fuel your body.
- **Angry?** What do you need?
- **Lonely?** Reach out.
- **Tired?** Rest and recharge.

A regulated you can handle life's ups and downs.

4 Practical Grounding Steps (4-7-8 Breathing + More)

When you feel triggered, try these simple steps to calm your mind and body.

4-7-8 Breathing

- 4 — Inhale gently for 4 seconds
- 7 — Hold for 7 seconds
- 8 — Exhale slowly for 8 seconds
- Repeat 4 times.

Other Helpful Steps

- Pause and notice what you're feeling.
- Name the trigger (e.g. tired, overwhelmed).
- Challenge the thought ("Is this really a big threat?").
- Do something that brings you back to the present (a walk, music, or a chat).

Small steps. Big difference. ♡

GREATER SELF-AWARENESS | KINDER SELF-TALK | HEALTHIER HABITS | A CALMER MIND A BRIGHTER TOMORROW ♥ | A MORE COMPASSIONATE YOU

Mental Health Matters ♡

MINDTHEORY
PEOPLE UNDERSTAND PEOPLE BETTER HERE

You're doing better than you think. ♥