

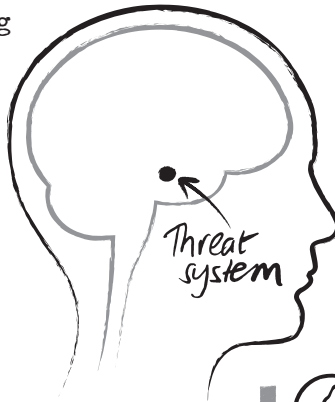
↑  Breathing

↑  Heart rate

↑  Blood pressure

↑  Focus

↑  Muscle tension

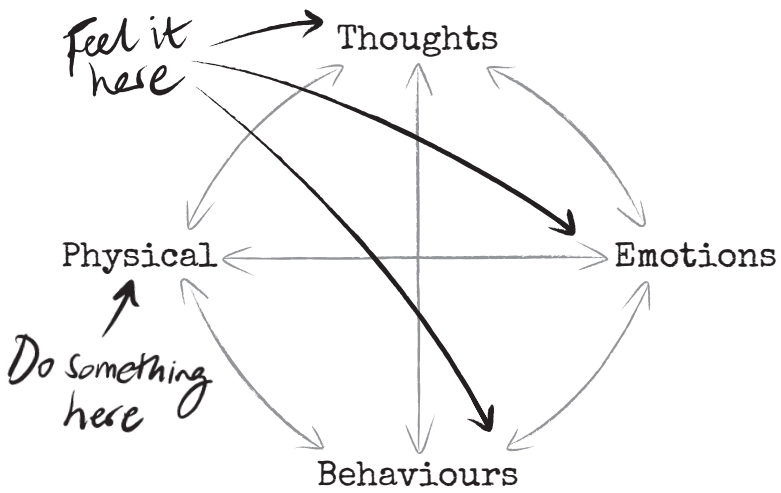


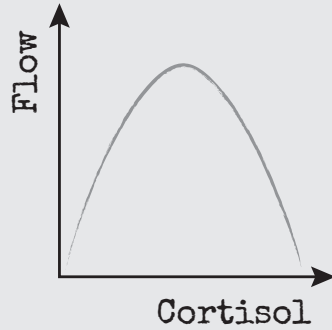
↓  Appetite

↓  Sleep

↓  Libido

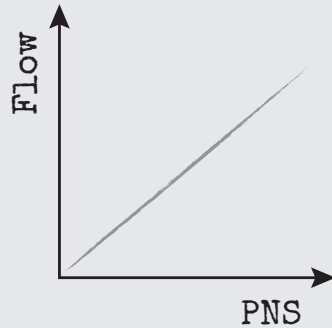
## Stress response activated





Low Heart Rate Variability (HRV) =  
Sympathetic Nervous System (SNS)

High Heart Rate Variability (HRV) =  
Parasympathetic Nervous System (PNS)



Flow →  
↑ Vagal tone  
↑ Heart Rate Variability (HRV)  
↑ Autonomic Nervous System (ANS) regulation

