

STRESS RESPONSE

Nervous System

The nervous system scans for possible threats and if it detects something that it perceives as threatening, it will alarm the body's stress response.

FIGHT

You feel unsafe. Your muscles tense. Your heart races. You feel hyper alert. You attempt to protect yourself through actions such as fighting, tantrums, yelling etc.

FLIGHT

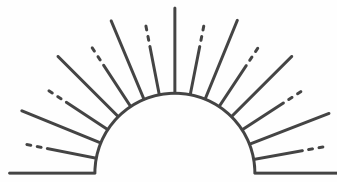
You feel unsafe and panicky. Your heart rate elevates, blood goes to muscles. You attempt to protect yourself through actions such as escaping, running, distracting etc.

FREEZE

You feel unsafe. You hold your breath and begin to sweat. You have difficulty concentrating. You attempt to protect yourself by shutting down, disconnecting, disappearing etc.

FAWN

You feel unsafe. Your breath is shallow and you feel nauseous. You try to protect yourself by fawning or people pleasing to avoid threat all together.



RELEASING STRESS

Conscious breathing moves the nervous system out of the stress response and back to a calm state. To begin, find a comfortable place to sit or lay down. Close your eyes and place a hand on your chest or belly if it feels comfortable.

STEP ONE

Inhale

Take A slow deep breath in through your nose. Imagine your lungs expanding as they fill. Count slowly as you inhale.

Hold

As you reach the top of your breath, hold it for the same number of seconds you counted while inhaling. Aim for 3-5 seconds.

STEP TWO

STEP THREE

Exhale

Release slowly through your mouth. Imagine you are blowing through a straw, or try making a breathy "h" sound. aim for the same number of seconds on the exhale that you had on the inhale.

~Repeat~

