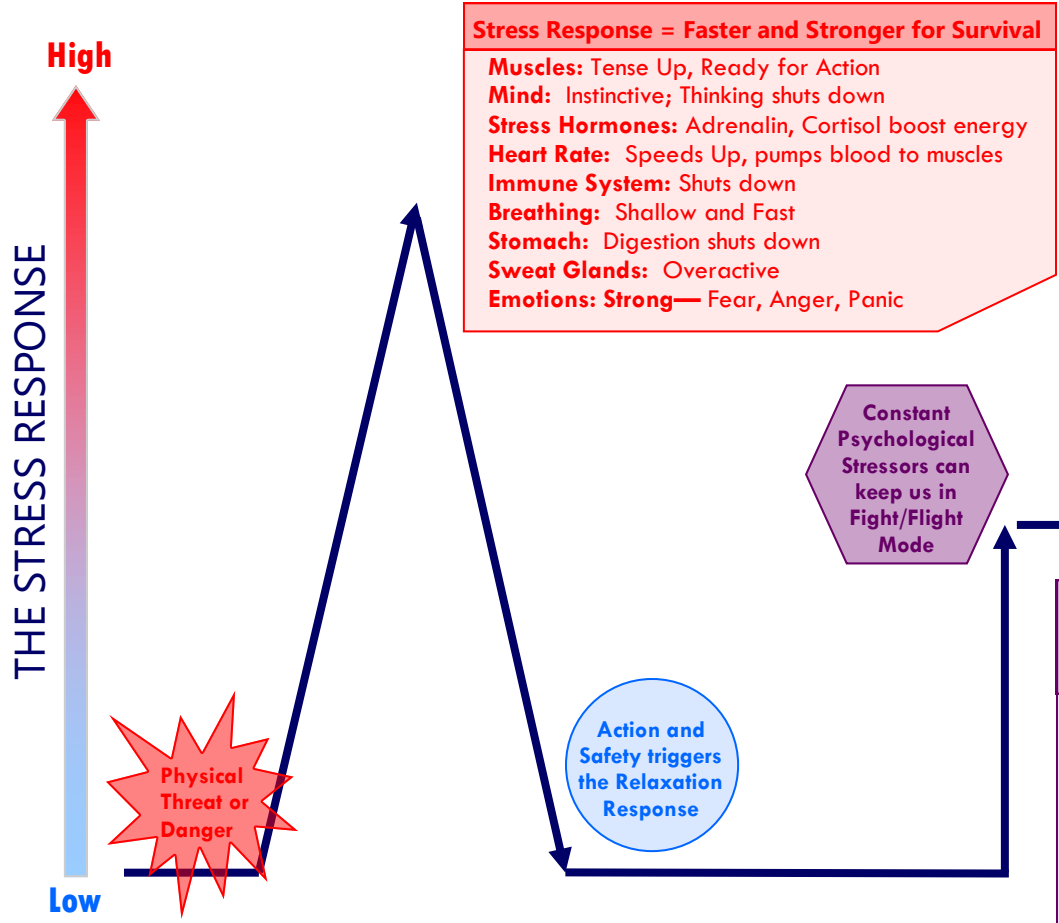


# STRESS and the MIND/BODY CONNECTION

## FIGHT, FLIGHT or FREEZE RESPONSE



**Psychological STRESS**

**Primitive Stress Response + Highly Developed Brain = STRESS**

- Our minds do not differentiate between **real danger & stressors**
- The Stress Response **impairs our ability to think and function**
- **Mental Stress** is unique to humans: Much of our stress comes from Worries, Fears, Expectations, Self-Criticisms, & Negative Perceptions
- We have **no natural release** from stress: The Stress Response (gas pedal) is automatic— the Relaxation Response (brake) is not
- Releasing Stress —“Putting on the brake” takes awareness & training

**Relaxed or Working Mind and Body**

- Muscles:** Tense as needed then Relax
- Mind:** Focused, Thinking Clearly, Memory Good
- Heart Rate/Blood Pressure:** Normal
- Breathing:** Smooth, Deep, Slow
- Stomach:** Digesting normally
- Sweat:** To cool off
- Emotions:** Normal range, Manageable

**Chronic Stress can result in...**

- Fatigue
- Poor Concentration
- Poor Memory
- Decrease in Performance
- Sore, Tense muscles
- Headaches
- Insomnia
- Frequent Illness
- Chronic Anxiety/ Nervousness
- Depression
- Gastrointestinal problems
- Ulcers
- High Blood Pressure
- Heart Disease
- Auto-Immune Diseases
- Poor Immune System
- Emotions: Bottled up/Erupt

**RELAXATION TECHNIQUES**

*Activating the Relaxation Response*

**CHANGING THOUGHTS & PERCEPTIONS**

**EXERCISE**

**With Time and Effort...**

We can develop new **habits of stress release** enabling us to calm ourselves & improve our performance amidst the stresses of modern life.

**STRESS BUSTERS**

- Plan Breaks for Rest and Fun
- Develop Realistic Expectations
- Prioritize
- Eat Well
- Get Enough Sleep
- Exercise Regularly
- Use Stress Release techniques all day long
- Learn to Tolerate & Manage Emotions

