

# Stress

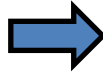
a natural survival mechanism

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**Any perceived threat**  
- real or imagined -

Including:

- Challenge
- Instability
- Change: good or bad
- Unknown situation
- Imagine danger
- Physical exertion
- Threat to biological integrity



**Triggers stress reaction**

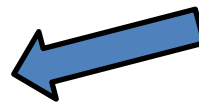
Arousal of the sympathetic  
branch of the autonomic  
nervous system



**Hormones flood from  
the blood stream**

Including:

- Adrenalin
- Noradrenalin
- Cortisol



**Body prepares for "fight or flight"**



- Blood sugar and fats
- Muscle tension
- Blood pressure
- Respiration
- Heart rate
- Metabolism
- Mental alertness
- Emotional anxiety



- Digestion
- Sex hormones
- Immune system
- Mental creativity
- Emotional stability

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Resource: The Relaxation Response Institute. Beyond Stress by Eli Bay. [www.elibay.com](http://www.elibay.com)