

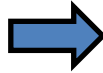
Stress

a natural survival mechanism

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

Resource: The Relaxation Response Institute. Beyond Stress by Eli Bay. www.elibay.com