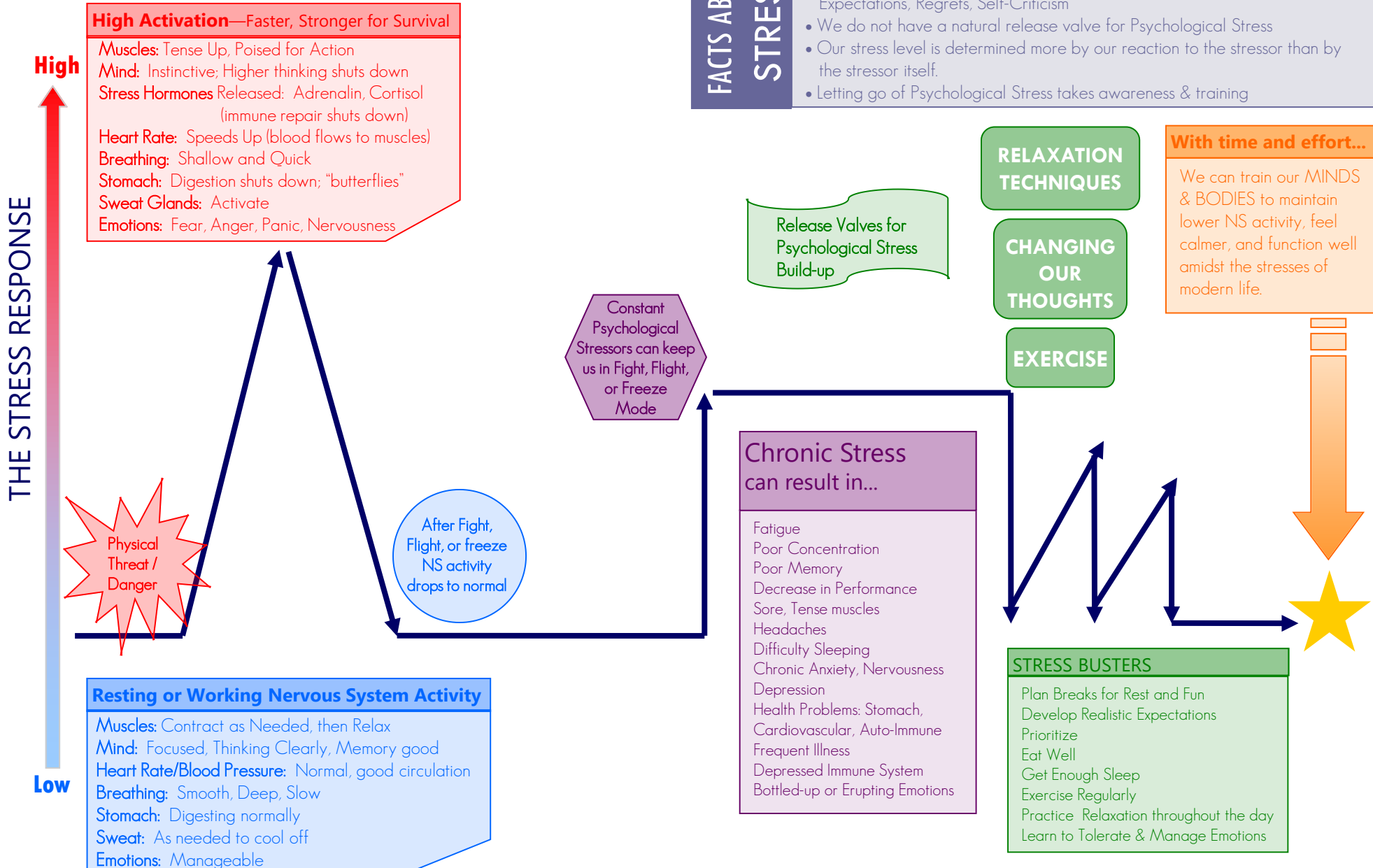


# STRESS and the MIND/BODY CONNECTION



## FIGHT, FLIGHT, or FREEZE RESPONSE



## FACTS ABOUT STRESS

- Mind, Body, & Emotions react the same as to physical danger
- Only Human Beings carry stress around in their minds: Worries, Fears, Expectations, Regrets, Self-Criticism
- We do not have a natural release valve for Psychological Stress
- Our stress level is determined more by our reaction to the stressor than by the stressor itself.
- Letting go of Psychological Stress takes awareness & training