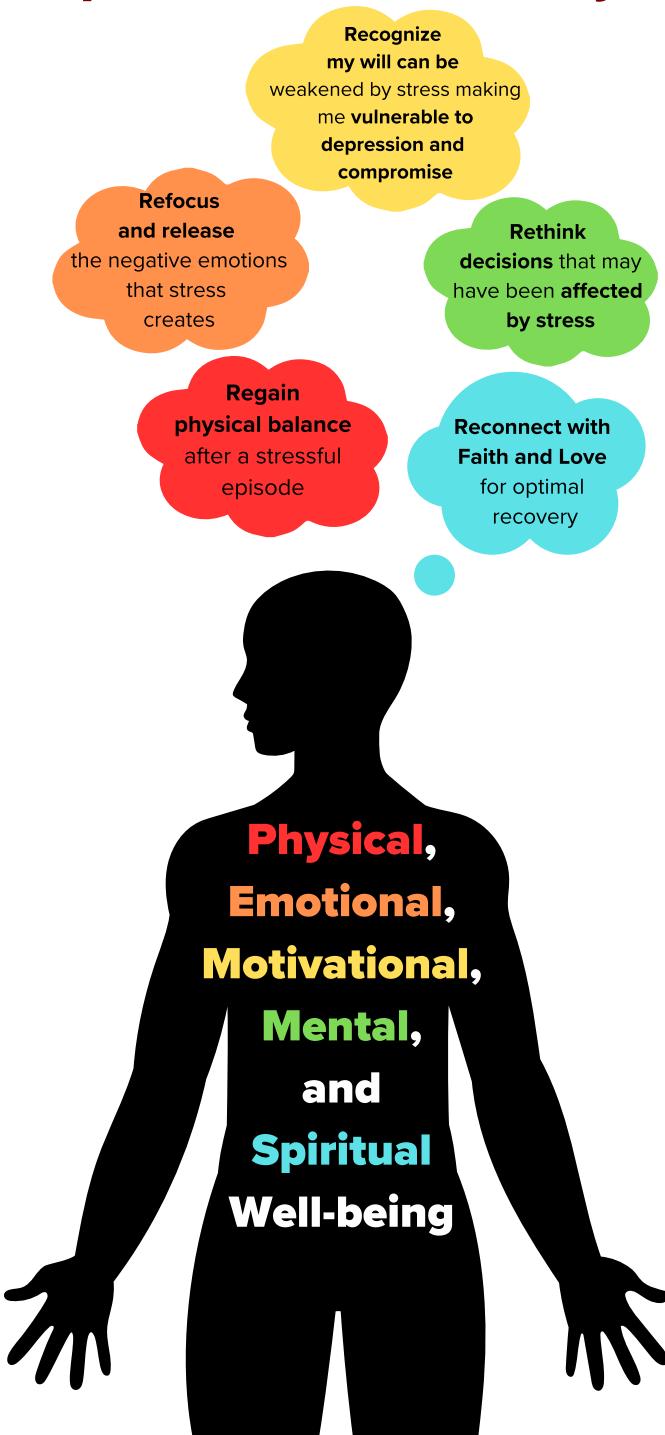


## Consider what you can do to promote stress resiliency



*Being in the **high energy stress zone** excessively can lead to:*  
Chronic disease, Depleted immune system, Depression, Addictive behavior, Harm to self or others

### Survival Brain

#### / Stress

**Body's Distress & Emergency Response**  
Sympathetic Nervous System

### Rational Brain

#### / Thriving

**High Function & Productivity**  
Prefrontal Cortex

\* The thermometer represents a dynamic flow of emotions associated with stress levels

### Recovery Zone

#### / Processing

**Healing & Restoration**  
Parasympathetic Nervous System

Last updated:  
08/16/24



## How Would You Rate Your Current Stress Level?



10

### Freeze

Overwhelmed / Traumatized



9

### Fight

Irritable / Anger / Rage



8

### Flight

Anxious / Fearful



6

### Rational Thought

Moral Judgement

Creativity

Problem Solving

Relational Skills



4

### Recover

Nourish, Restore, Heal



3

### Digest

Process, Cleanse, Detox



2

### Rest

Stressors resolved



1

### Depleted

Depressed, "Dis-eased"