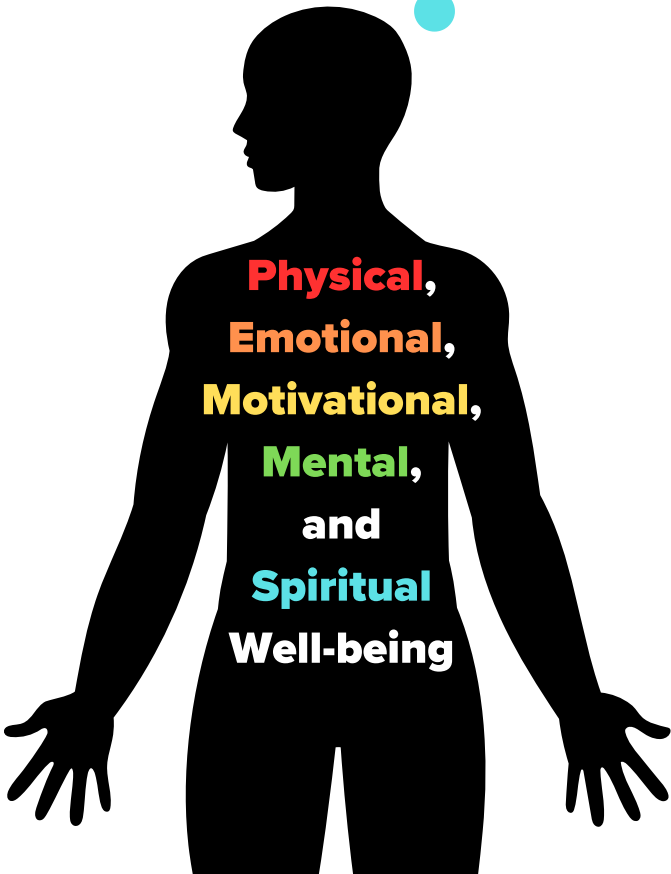


Consider what you can do to promote stress resiliency



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

How Would You Rate Your Current Stress Level?

