

Stress Response



Stress events/threats



Trigger physiological response



The body is prepared to fight or flight

When the stress event triggers our autonomic nervous system:

Physiological responses include:

- Pounding heart
- Shortness of breath
- Tightened muscles
- Pupil enlarges
- Dry mouth
- Sweating
- Digestion / immune system slows down



Emotional and behavioral responses include:

When you are scared, you may procrastinate, avoid, or even escape.

When you are angry, you may yell, scold, or even attack others.

These **physical**, **emotional** and **behavioural** automatic responses are a warning sign that we need to **stop** and **relax**.

When the stress accumulate and the body is not relaxed for a long time, various problems will occur.

Body: shoulder and neck pain, dizziness, stomach pain, diarrhea, constipation

Emotion: low mood, loss of motivation, or become impulsive

Behavior: If we do not face the problem, the problem will not be solved, or it will deteriorate.



Try to relax when you are under stress

- Gradually increase your sensitivity to the body so as to increase your awareness when you are under stress.
- Stop and breathe to reduce automatic behavioral responses
- Calm down and clear your mind to make a wise response



Relaxation exercises:

- muscle relaxation
- abdominal breathing
- body scanning exercises