

Our Stress Alarm System

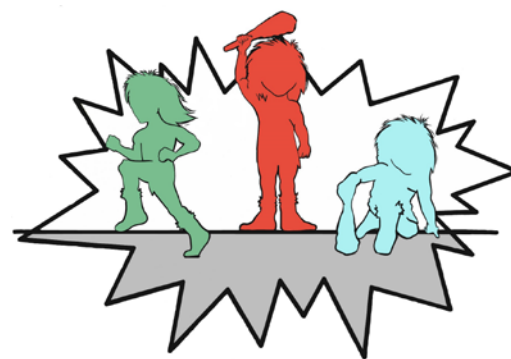
We all have an in-built 'alarm system' that goes off when it thinks we are in danger.



The Caveman part of our brains
constantly sorts information:
Sound, sight, smell, touch, and taste.



When it detects danger, the Caveman Brain
tells our body to respond quickly (flight, fight,
freeze) to keep us safe.



The more threatened we feel, the bigger our
reactions can be.

The problem: if we have had lots of
stress/trauma, the 'alarm system' may go off
even when there is no danger. We might
start seeing 'danger' everywhere, even when
there is no 'danger' (false alarm).

The goal: to learn how to help the Caveman
and Thinker Brain to work together, not to get
rid of the 'alarm system' as it keeps us safe.

Thinker Brain needs training, help and practice to work well
with Caveman Brain.



To access your free version of the ETS
Caveman Series and associated guide:

1. copy this URL -
<https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/patient-safety/duty-of-care/child-protection>
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The books and guide, and other ETS
resources, can be located under the Evolve
Therapeutic Services heading.