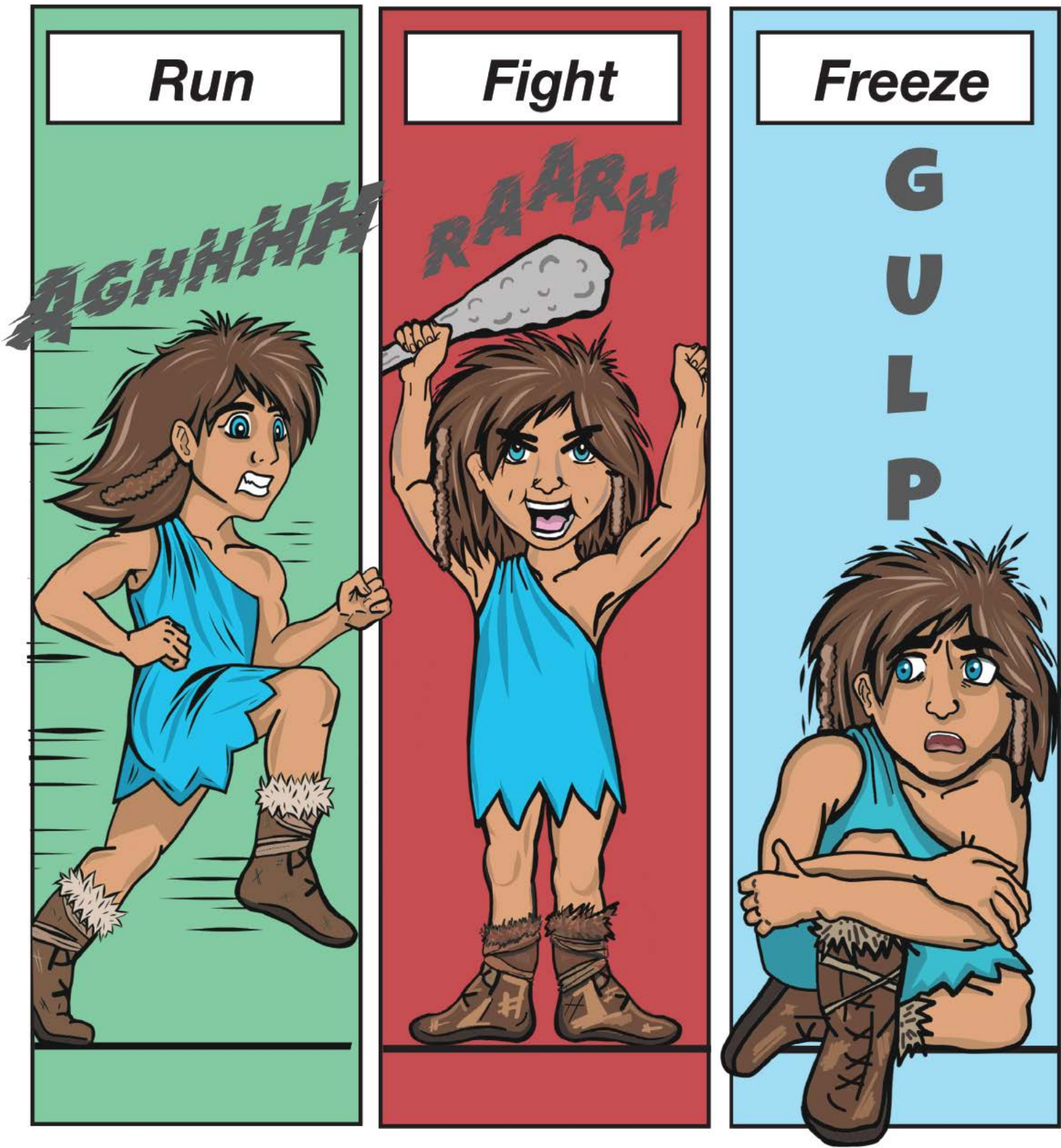


# Our Stress Response

Learning and understanding how our body responds helps!



Looks like:	Anxious / scared / overwhelmed / restless	Anger / irritable	Shutdown / depressed / hopeless
Feels like:	Difficulty breathing Feeling sick Shaking hands	Tense muscles Increased/rapid heartbeat Feeling hot	Holding breath Wide eyes Feeling numb
Actions:	Fidgeting Wanting to escape / run away Hard to focus on things Avoiding / denying	Yelling / saying mean things Hitting / kicking Throwing things Demanding	Unable to move Day dreaming Saying "I don't know" Complying