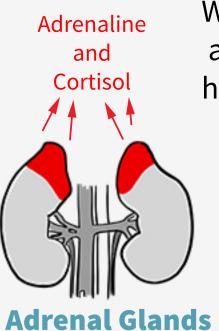


## Fight, Flight or Take 5

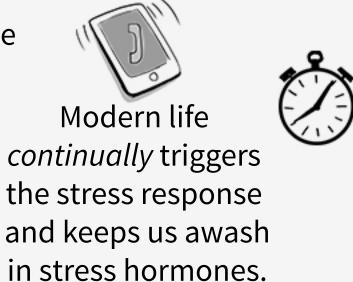


This 'fight or flight' reaction is a hardwired, evolutionary response governed by the sympathetic nervous system



We are programmed to release a flood of energy-boosting hormones that help us defend ourselves from prehistoric threats.

Nerve



This leaves us irritable, supresses our immune systems, and puts us at risk from:



- Anxiety
- Digestion problems
- Depression
- DiabetesHeart disease
- Sleep problemsWeight gain
  - Stroke



Mindfulness practices
like **Take**relax the **Vagus**Nerve to release
oxytocin and other anti-stress
enzymes and hormones to
Reverse the Stress Response.

Vagus



- immune function
- memory
- sleep

## **Reduces:**

- inflammation
  - headaches
    - allergies

The key is to keep the nervous system in check before it gets out of control.

Recognize stress cues like aches and stomach upsets to know when its time to



