

# Fight, Flight or Take 5

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

Adrenaline and Cortisol

Adrenal Glands

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

Modern life continually triggers the stress response and keeps us awash in stress hormones.

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

- Anxiety
- Depression
- Sleep problems
- Weight gain
- Digestion problems
- Diabetes
- Heart disease
- Stroke

## We need to keep the Stress Response under control

Mindfulness practices like **Take 5** relax the **Vagus Nerve** to release oxytocin and other anti-stress enzymes and hormones to Reverse the Stress Response.

Vagus Nerve

**Improves:**

- 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 **Take 5**

**Take 5** regularly, even when not stressed, for optimum benefit.