Responding versus Reacting

External Stressors

YOU

Internal

Stress Reaction

Stress hormones
↑blood pressure
↑pulse rate
↓ digestion

React
Fight or Flight

Respond
Awareness

Stress Response

Slight response in stress hormones

Reacting to Stress:

High blood pressure
Trouble sleeping
Headaches
Fatigue
Backaches
Irritable bowel, acid reflux
Intensifies symptoms of existing health conditions (i.e., diabetes, arthritis, asthma)
Worrying
Irregular heartbeat
Frequent infections
Feeling sad

Negative Ways of Coping:

Overwork
Overeat
Denial
Monkey mind
Zoning out with computer, TV
↑ Alcohol Intake
↑ Smoking/tobacco use
↑ Caffeine
↓ Sleep

Breakdown:

Chronic Health problems (diabetes, heart disease, chronic fatigue, etc...)
Weight gain
Depression/anxiety
Heart Attack
Insomnia

Responding to Stress:

Awareness of body sensations
Assess thoughts, feelings, perceived threats
Stay in the moment
Conscious of the present
View situation with openness & without judgment/Acceptance

Positive Ways of Coping:

Seeing new options & opportunities in life's challenges
Nurturing yourself/self-care
Physical movement
Problem solving

Improved Health & Well-being:

Quicker recovery
Calmness
Lessen risk of health problems/illness
Positive mood/happiness

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