

## THE STRESS-RELAXATION CYCLE

	<b>Mental</b>	<b>Emotional</b>	<b>Physical</b>	<b>Social</b>
<b>Fight/Flight</b>  <b>High Arousal</b>  <b>Dysregulated</b>	Over-focused or unfocused Difficult concentration Negative outlook Rigid Repetitive thoughts Rapid thoughts	Irritable Annoyed Angry Rage Worried Anxious Afraid Terror Panic	Tight muscles Fast, shallow breathing Fast heart rate Cold hands and feet Sweaty and hot Dry mouth Poor digestion Constipation Restless Agitated Shaky Fast speech Eyes darting Poor sleep	Impatient Self-focused Confrontational Avoidance
<b>Social Nervous System</b>  <b>Optimal Arousal</b>  <b>Regulated</b>	Curious Clear mind Creative Flexible Focus and concentration Positive outlook Peaceful Ease	Happy Joy Love Even mood	Vibrant Relaxed muscles Even breathing Moderate heart rate Easy digestion and elimination Expressive facial movements Fluid rhythm and tone in voice	Attuned Responsive Interactive Patient
<b>Freeze</b>  <b>Low Arousal</b>  <b>Dysregulated</b>	Hopeless Stuck Trapped Overwhelmed Scattered Spacey Dreamy Confusion Blank mind Forgetful	Numb Apathy Shame	Very tight or overly soft muscles Slow heart rate Slow, shallow breathing Numbness Dizziness Pale Unfocused eyes Blurry vision Flat facial expression Monotone voice Clumsy	Disconnected Non-responsive Shut down Checked out