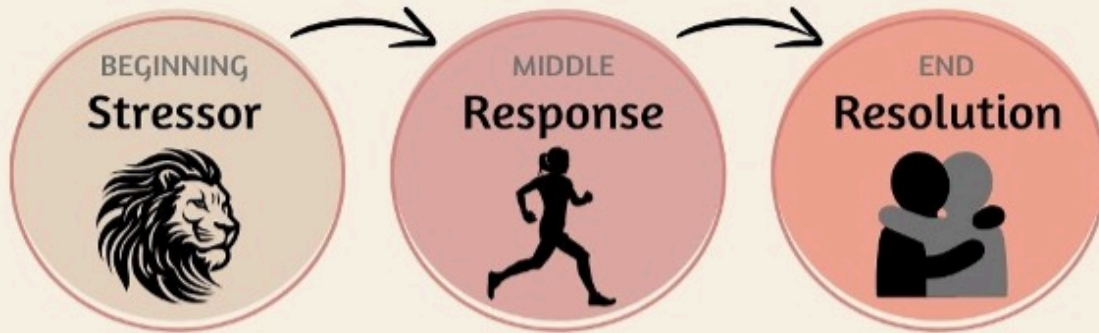


# The Stress Response Cycle



You perceive a threat

Your internal systems shift to protect you.

You release the stress from your body

You respond to the threat (fight, flight, freeze, or fawn).

**THIS** is where we get stuck



# 7 Ways To COMPLETE THE STRESS CYCLE



## 01 Exercise/Move your Body

Move your body the way that feels best for you. Some examples may include: walking, dancing, biking, strength training, yoga, and more!



## 02 Breathe

Breathe, taking a deep breath in and a deep breath out. There are many different breathing techniques such as square breathing that can assist in reducing stress.



## 03 Social Connection

Connections makes you feel like you aren't alone and helps your body know you are safe. Some examples include: phoning a friend/family member, visiting with a friend, or doing an activity with others.



## 04 Laughter

A good genuine belly laugh helps your body relax and complete the stress cycle. Some examples include: watching a comedy, reading a good joke, or reminiscing about a time that was funny.



## 05 Affection

Giving someone a hug for over 20 seconds signals to your body that you are okay, you are safe, and reduces your cortisol levels, decreasing your stress in return.



## 06 Have a Good Cry

We often resist the urge of crying, however, this is a natural process and after crying we often feel better. Allowing ourselves to cry can assist in the completing the stress response.



## 07 Creativity

Creativity gives us an outlet to express our stress and ourselves. Being creating can take many forms, some examples include: dancing, painting, making music, designing, and more!

### Reference:

Nagoshi, E., & Nagoshi, A. (2019). *Burnout: the secret to unlocking the stress cycle*. First edition. New York, Ballantine Books.