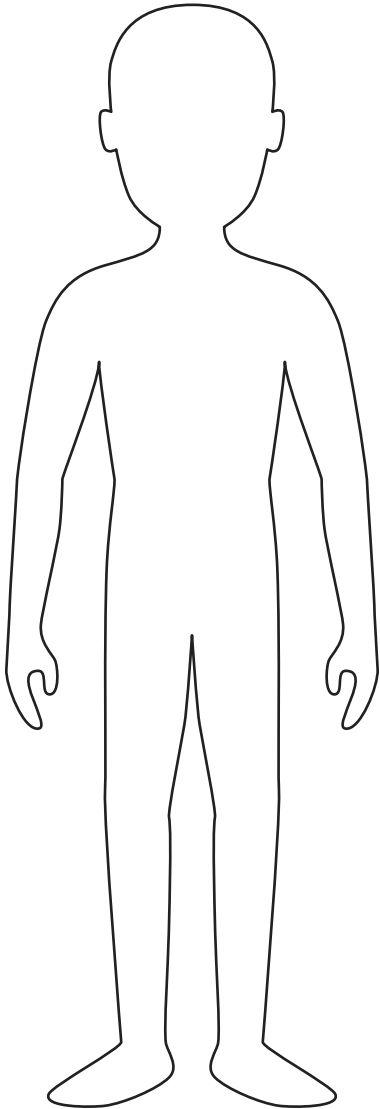


**Step 1:** Notice the *Fight or Flight* (sympathetic nervous system) response and understand how it affects your body. Add labels to the outline below indicating how your body responds to stress. Note why this happens as a response to help you either fight the threat or take flight (escape from) the threat.



**Step 2:** Take action to switch off the stress reaction and turn on the *Rest and Restore* (parasympathetic) system.

In the moment	Longer term
<p>Trigger <i>Rest and Restore</i> to immediately reduce feelings of stress and anxiety:</p> <ul style="list-style-type: none"><li>Deep Breathing</li><li>Brisk exercise</li></ul>	<p>Build <i>Rest and Restore</i> activities into everyday life:</p> <ul style="list-style-type: none"><li>Learn healthy ways to deal with stress (e.g. <i>Five Areas Mapping</i>)</li><li>Make relaxation a habit</li><li>Practice mindfulness</li><li>Find your flow</li></ul>