

Strategy #1: Human Stress Response and Warning Signs

Signs of the Human Stress Response

- fight, flight, or freeze response
- release of stress hormones (cortisol, adrenaline)
- rapid heart rate
- increased blood pressure
- tense muscles
- sharpened senses
- slowed digestion (nausea/irritable bowel symptoms may occur)

Your Stress-Response Warning Signs

What are the first three things you notice when you are stressed?

1. _____

2. _____

3. _____

These are your warning signs to use a stress-management strategy.