

## The Stress Response: Sympathetic vs. Parasympathetic Nervous System



### The Sympathetic Nervous System

#### Stress Response

*Revs you up, preparing you to fight, take flight, or freeze*

- Heart beats fast
- Breath is fast and shallow
- Pupils expand to take in more light
- Stop digesting food
- Blood rushes to your muscles
- Hormones rush through your body
- High energy use



### The Parasympathetic Nervous System

#### Relaxation Response

*Calms you down, preparing you to rest, think, and recover*

- Heart beats slow and rhythmic
- Breath is full and slow
- Pupils return to normal
- Food digestion resumes
- Blood flow returns to your gut and lungs
- Hormones lift your mood and help you relax
- Saves energy



What are three differences between the stress response and the relaxation response?

1.

2.

3.

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