

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. _____

Images: <http://clipart-library.com/clipart/79427.htm>; <http://clipart-library.com/clipart/1264053.htm>; http://clipart-library.com/clip-art/243-2431978_clip-transparent-stock-golden-sun-sunlight-euclidean-sello.htm