

# HFF STRESS AND RELAXATION

**Relaxation Inputs**

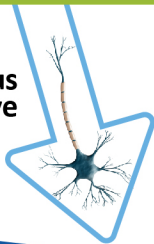
- Stress Management
- Breathing
- Meditation and Mindfulness
- Meditative Movement (Yoga and Qigong)
- Sleep and Rest
- Gentle Diet
- Calming Sensory Inputs



**Stress Inputs**

- Mental /Emotional Stress
- Physical Stress
- Cell Danger Response
- Chemicals, Metals, and Biotoxins
- Lack of Sleep and Rest
- Reactive Diet
- Agitating Sensory Inputs

**Vagus Nerve**



**Ventral Vagal**

Safe, calm  
Responsive

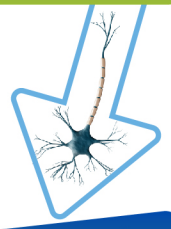
**Relaxation Responses**

- Repair and Rebuild
- Immune Function
- GI and Reproductive Function
- Balanced Neurochemicals
- Balanced Hormones
- Reduced Inflammation

**Relaxation Downstream Effects**

- Responsiveness
- Social Engagement
- Intimacy and Trust
- Physical Healing
- Mental and Emotional Wellbeing

**Vagus Nerve**



**Sympathetic**

NOT SAFE!  
Reactive

**Dorsal Vagal**

Anticipating death  
Or  
Complete letting go

**Stress Responses**

- Cells Catabolized for Energy
- Dysregulated Immune System
- GI and Reproductive Shut Down
- Imbalanced Neurochemicals
- Imbalanced Hormones
- Inflammation

**Stress Downstream Effects**

- Fight, Flee, Freeze (reactivity)
- Faint (shut down, disengagement)
- Isolation and Mistrust
- Chronic Illness
- Mental, Emotional, and Mood Problems

**Your Brain on Stress**

How we handle stress greatly affects our overall health, both mental/emotional and physical, due to the effects on our endocrine, nervous, and immune systems. Stress-management and stress-reduction techniques are beneficial for both preventing and recovering from disease and illness as well as for living a balanced, healthy life.