Responding versus Reacting

External Stressors

YOU

Internal

Stress Reaction

Stress hormones
↑ blood pressure
↑ pulse rate
↓ digestion

React

Fight or Flight

Reacting to Stress:
High blood pressure
Trouble sleeping
Headaches
Fatigue
Backaches
Irritable bowel, acid reflux
Intensifies symptoms of existing health conditions (i.e., diabetes, arthritis, asthma)

Negative Ways of Coping:
Overwork
Overeat
Denial
Monkey mind
Zoning out with computer, TV

Alcohol Intake
Smoking/tobacco use
Caffeine
Sleep

Breakdown:
Chronic Health problems (diabetes, heart disease, chronic fatigue, etc...)
Weight gain
Depression/anxiety

Stress Response

Slight response in stress hormones

Respond

Awareness

Responding to Stress:
Awareness of body sensations
Assess thoughts, feelings, perceived threats
Stay in the moment
Conscious of the present
View situation with openness & without judgment/Acceptance

Positive Ways of Coping:
Seeing new options & opportunities in life’s challenges
Nurturing yourself/self-care
Physical movement
Problem solving

Improved Health & Well-being:
Quicker recovery
Calmness
Lessen risk of health problems/illness
Positive mood/happiness

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Live. And Learn.