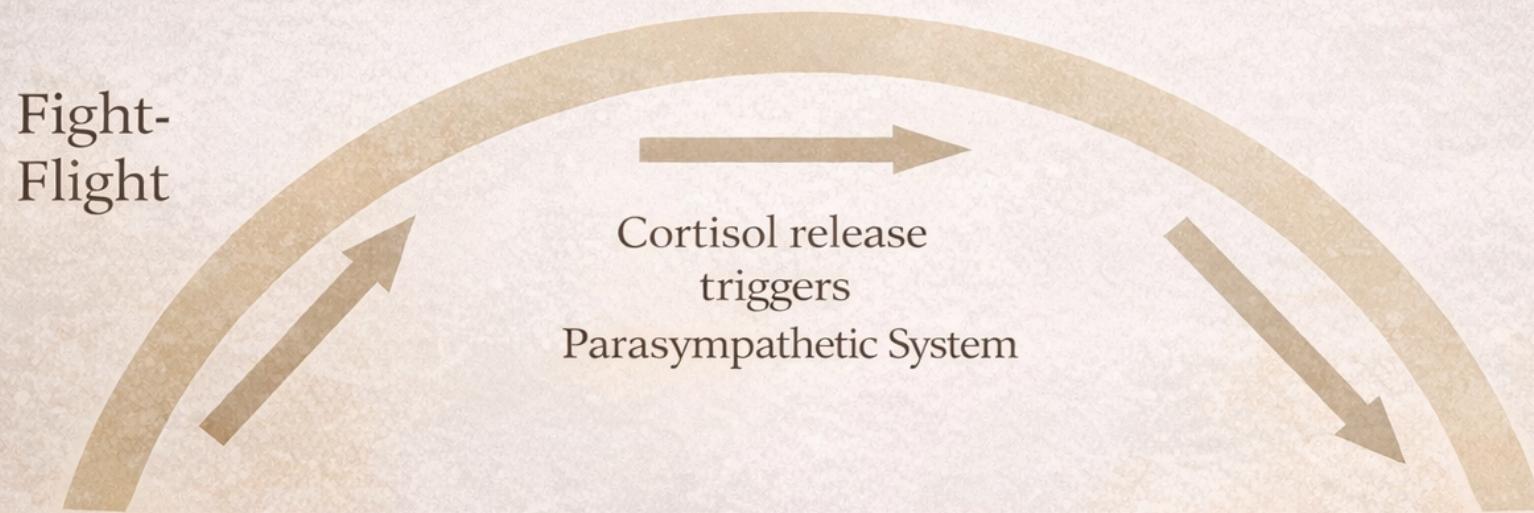


# The Emergency Stress Response



**Sympathetic Nervous System**

- noradrenaline release
- increased heart rate and respiration
- rush of energy to muscle tissue
- suppression of non-essential systems, frontal lobe inhibition

**Parasympathetic Nervous System**

- decreased autonomic activation
- shaking and trembling
- rebound gastro-intestinal activity
- exhaustion, depletion, shutting down
- numbing, total collapse  
“licking the wounds”