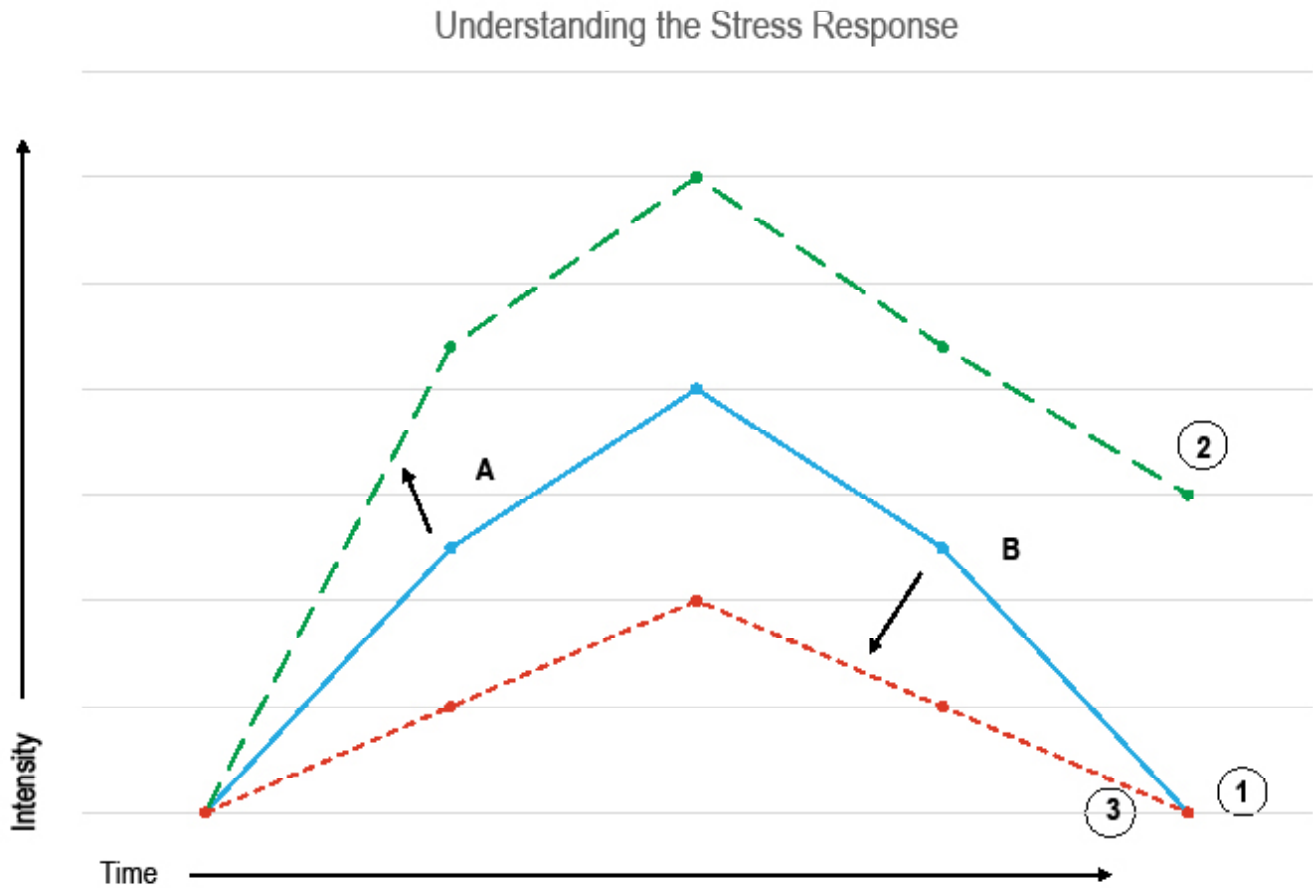


Understanding the Stress Response (Graph)



- 1) Normal stress response (physical, cognitive, emotional).
- 2) What happens to the stress response if a person avoids the situation (point to A on line 1). Next time the stressor occurs the response is more severe.
- 3) What happens to the stress response if a person uses their experience of stress to arrive at a solution (point to B on line 1). Next time the stressor occurs the response is less severe.