



STRESS RESPONSES



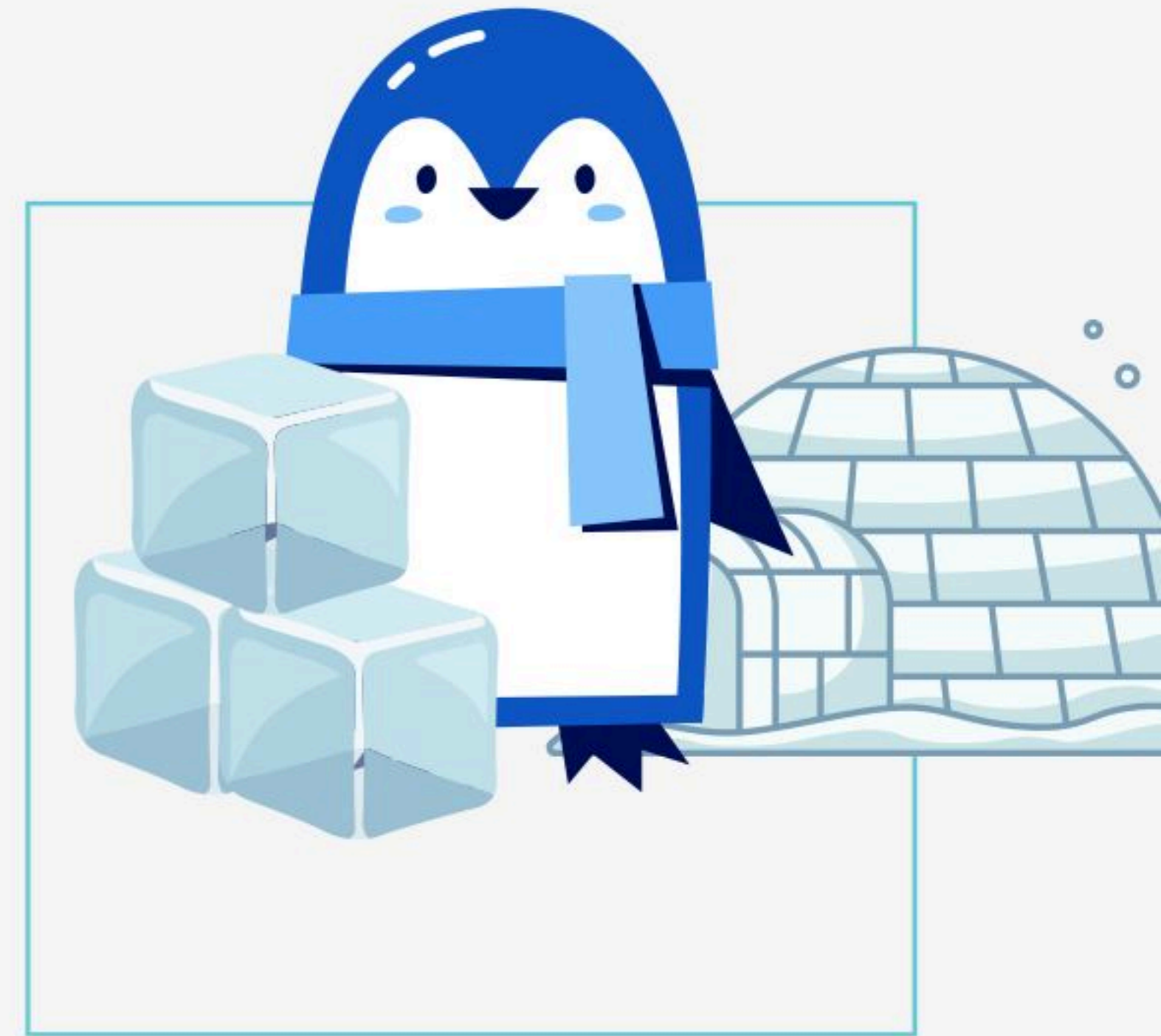
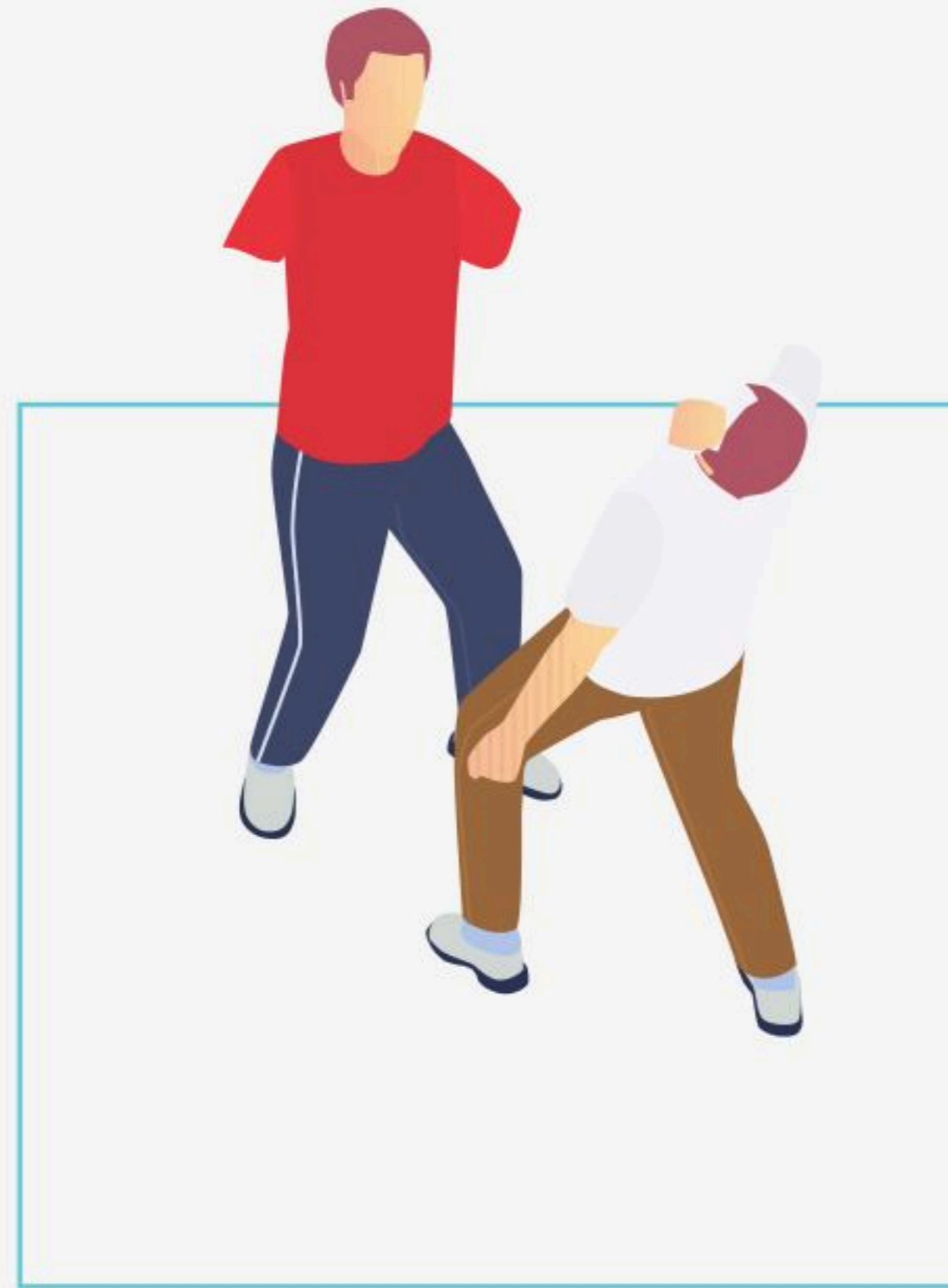
Feeling Stuck in the Cold?



Brent Espineda

MENTAL HEALTH

Stress Responses

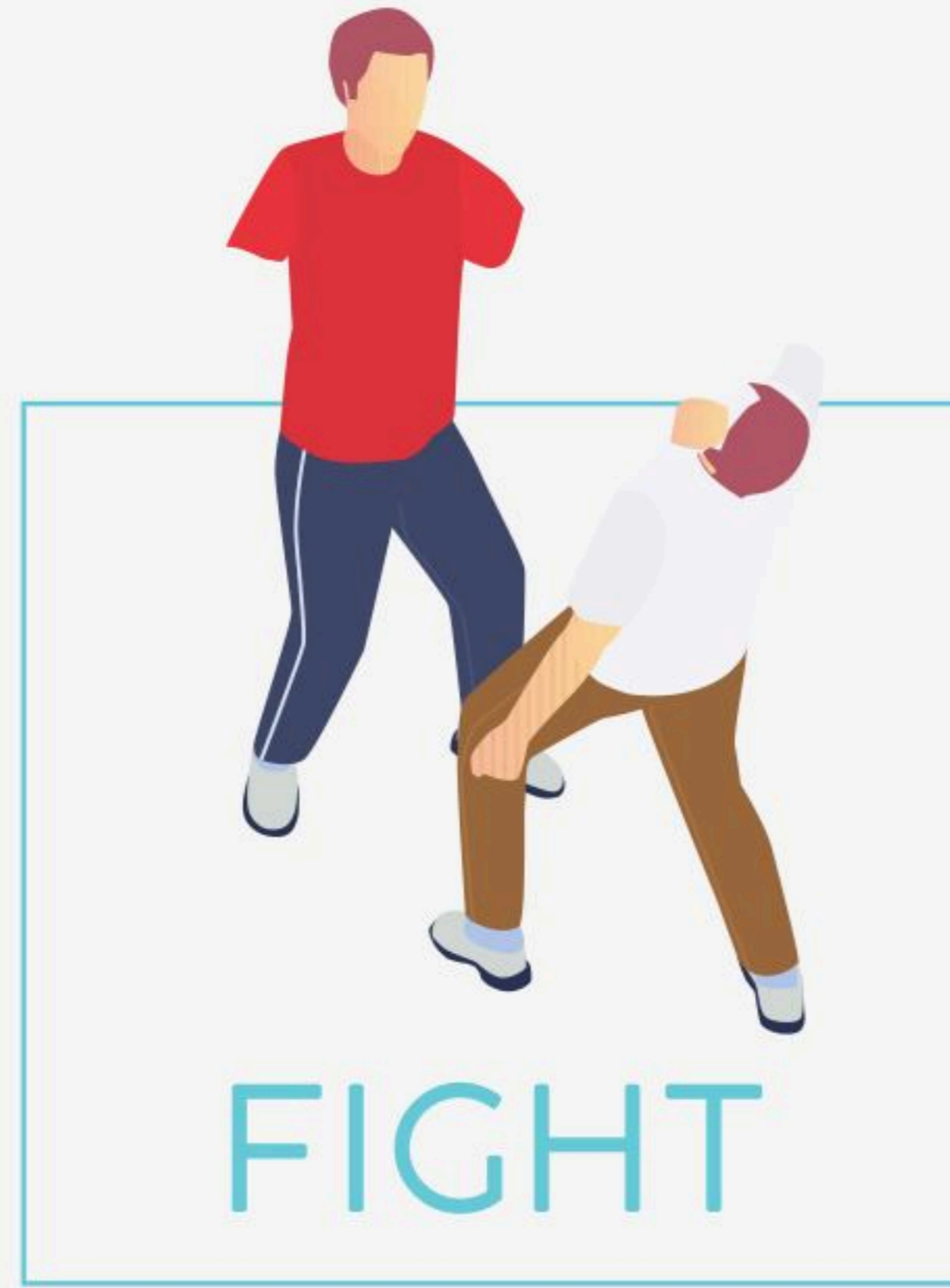


MENTAL HEALTH

Stress Responses



FAWN



FIGHT



FLIGHT



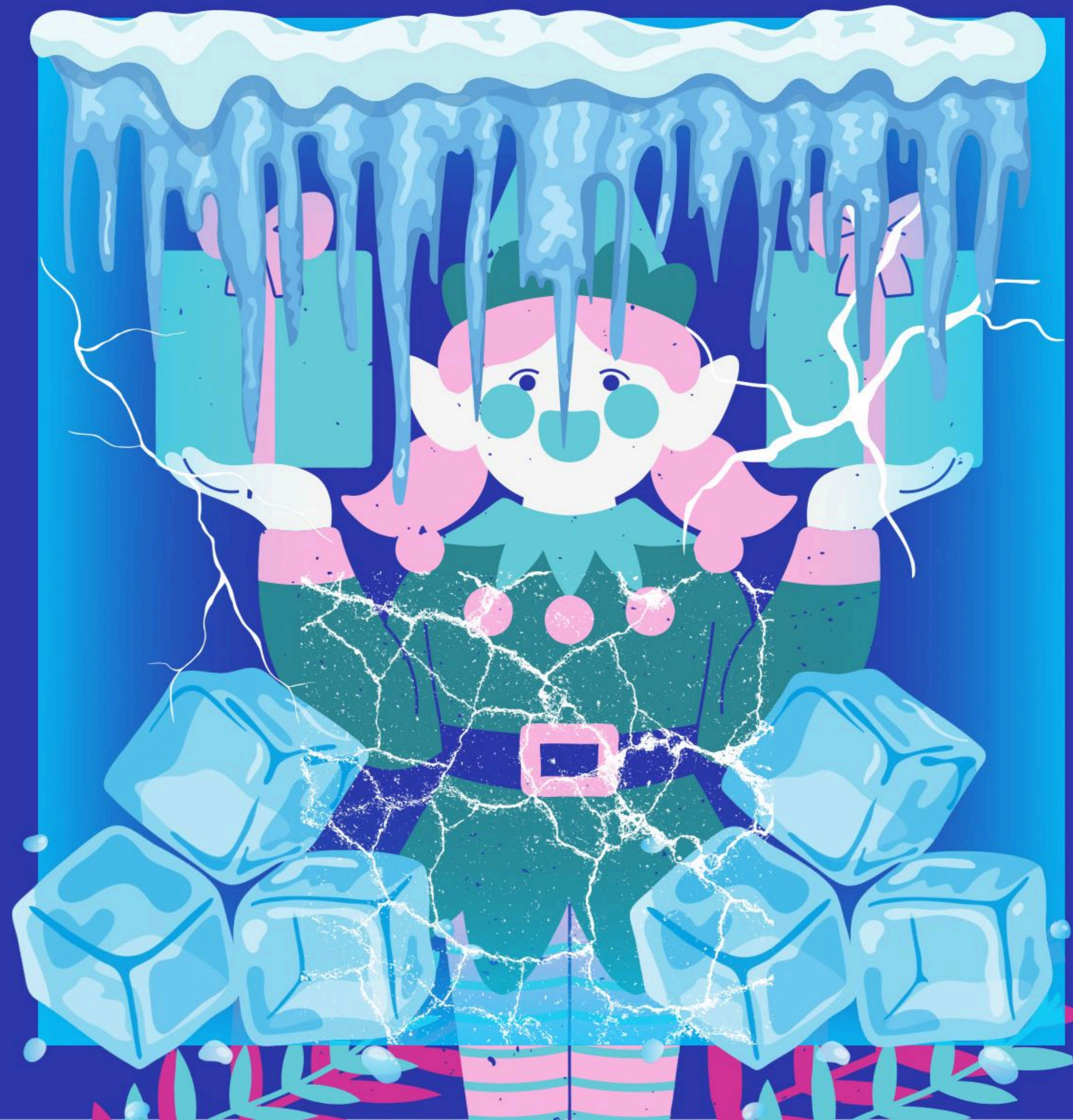
FREEZE



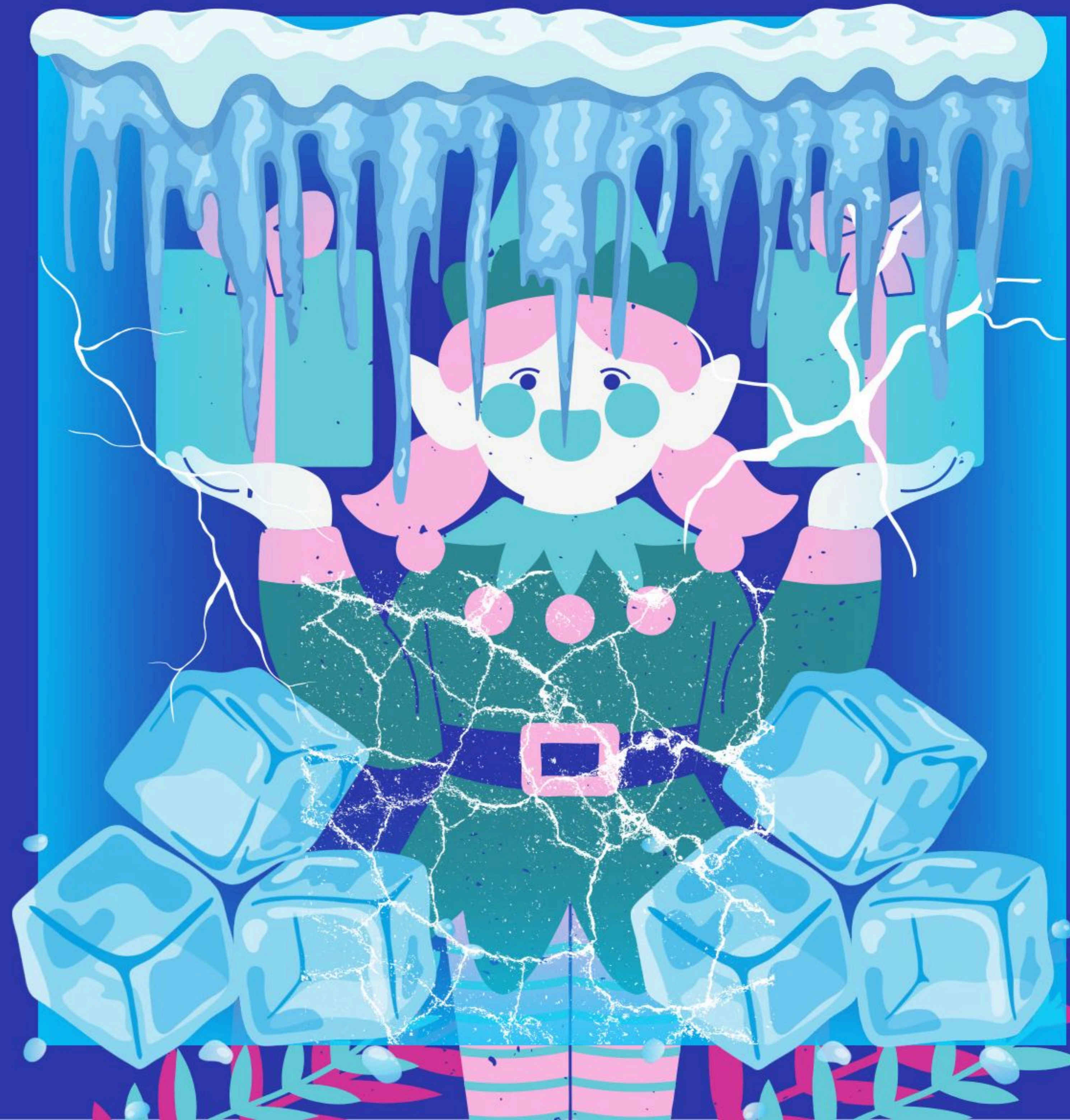
What is the
freeze
response?



- In humans freezing manifests as an inability to communicate, react, or take any action of self-preservation or defense



- **A child that suffered from constant anxiety and fear due to trauma may develop a tendency to freeze as a response to triggers as an adult.**





Freeze Response Signs



No Action (On edge)



Self-Neglect



Self-isolation



Slow heart rate or holding the breath



Freeze Response Signs



Difficulties With Movement



Difficulties Speaking Up



Feeling tired all the time

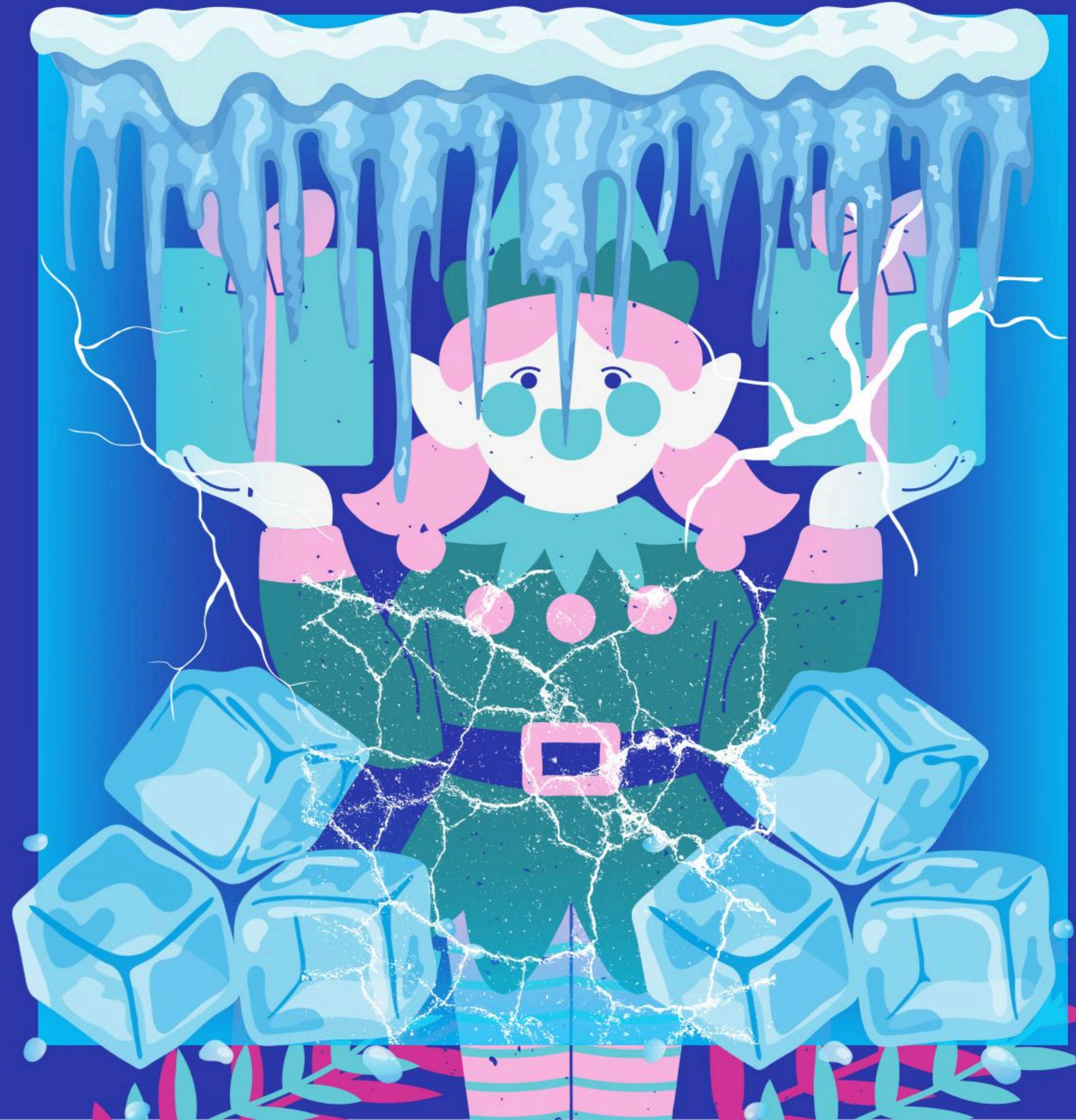


Mindless Scrolling

Activity:

Me too!

- Identify your top 3 freeze responses in a sticky note (Manageable, Neutral Unmaneagable)
- Paste on board
- Discuss



How Do We Shake Off the Cold?





Here's How:



Move!



Breathing Techniques



Self-affirmations



Focus on one thing at a time



Here's How:



Practice Mindfulness (RAIN)



Take Breaks



Play your favorite music



Therapy

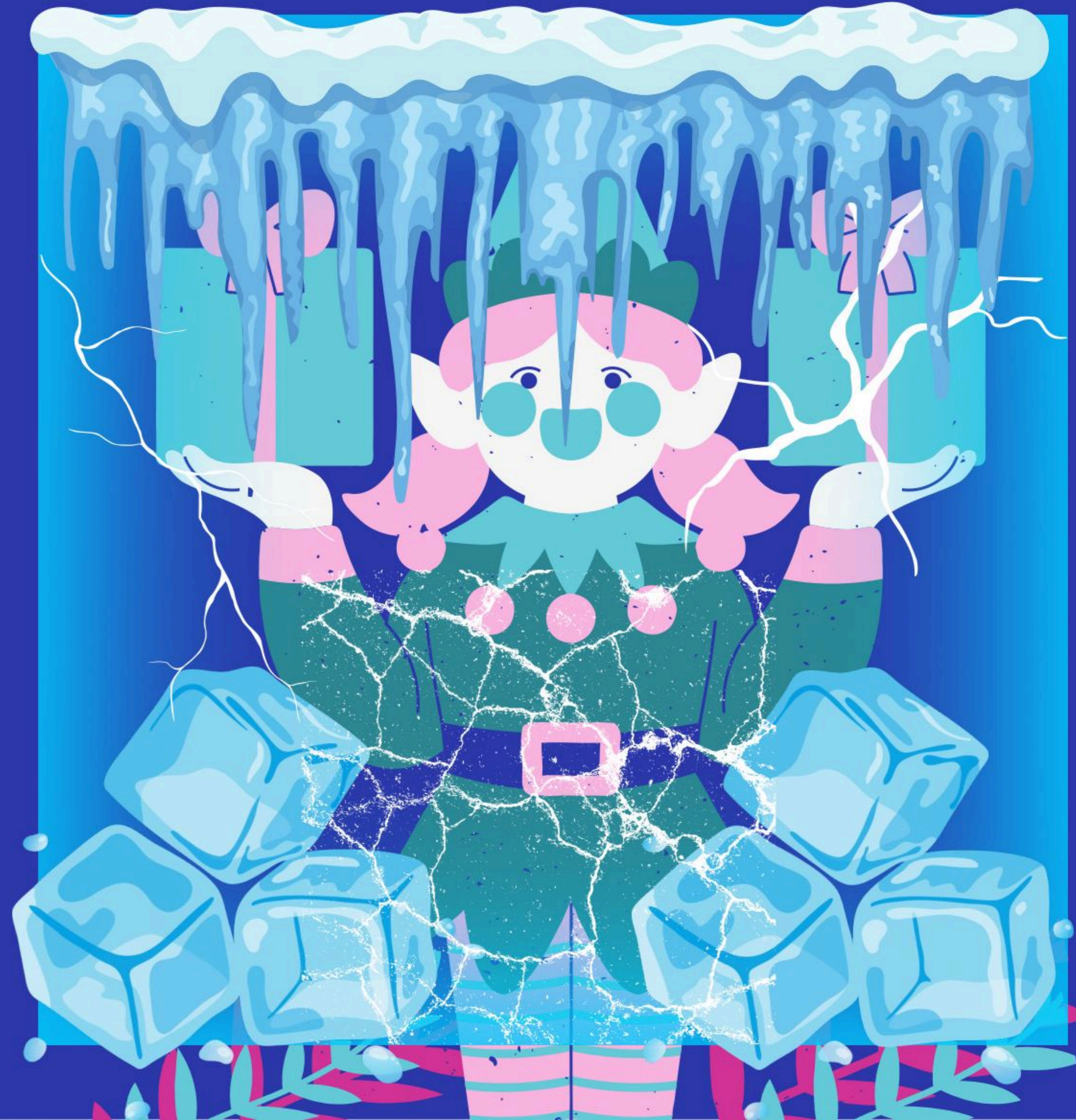
Activity:

Shake it Off

Think-Pair-Share

Choose your top 3 coping skills
for freeze response

Group





Thank You!

