



Please mute your audio and type any questions into the chat box

Your video can be off or on, whatever makes you most comfortable

Confidentiality, and Zoom limitations



Push yourself to participate

Focus on your own experience

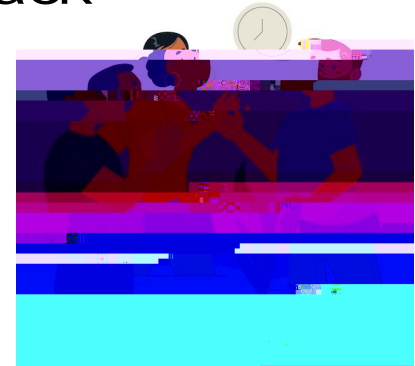
Share headlines, not details

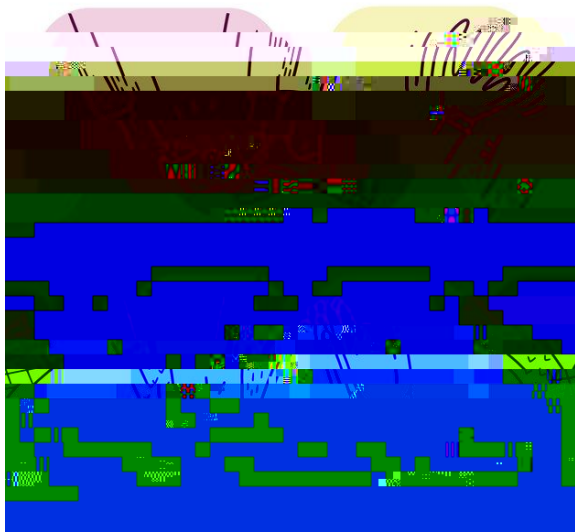
Ask others before giving them feedback

Step forward, step back


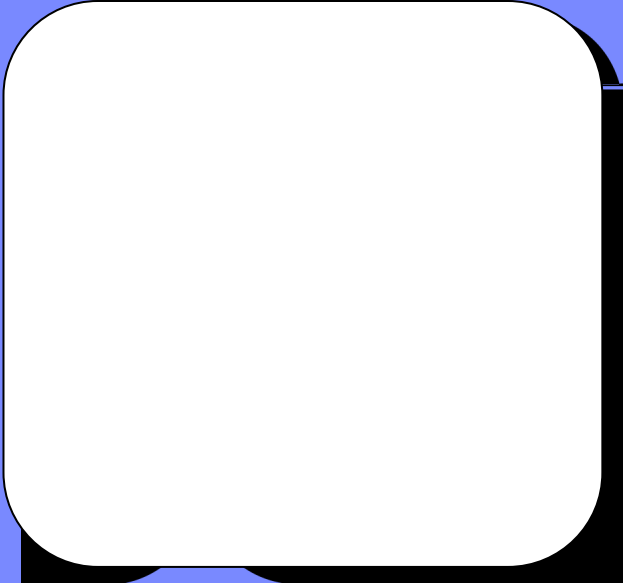
Assume positive intent from others

Take responsibility for your needs








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1. Alert and awake, concentrating well
  2. Mildly anxious and distressed
  3. Moderately anxious and distressed
  4. Quite anxious and distressed
  5. Extremely anxious and distressed
- 





the body's stress response ("fight-flight-freeze") is activated. This survival system involves the release of powerful stress hormones, and can allow us to run faster and longer, become motionless, or fight harder to stay alive in an emergency.

clear and rational thinking is impaired as our "primitive" mind is triggered; this is like a bodyguard trying to keep us away from harm. Our bodyguard operates automatically, so it works fast, but doesn't take the time to look at all the facts.

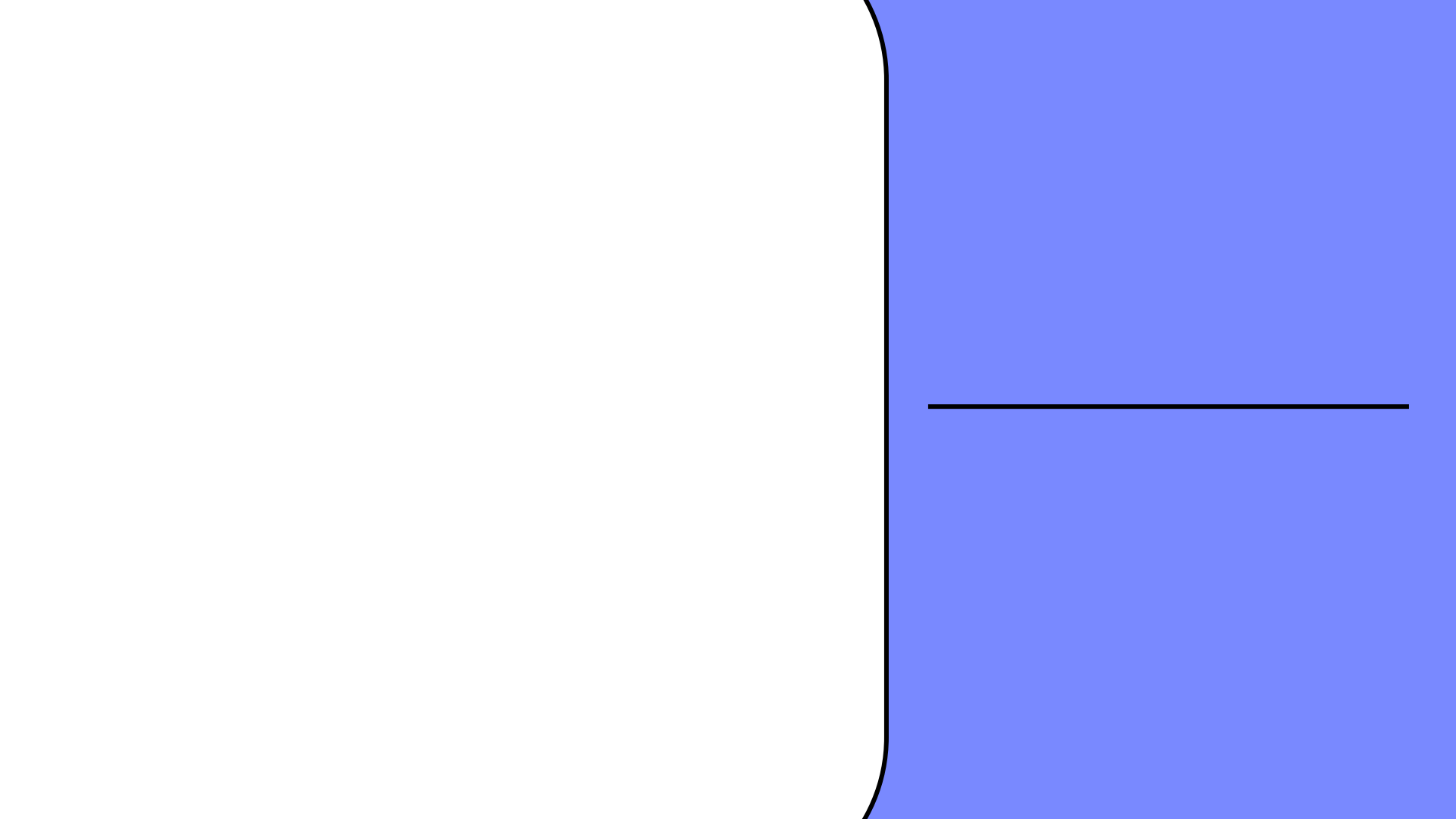
we try to get away from danger immediately and avoid it in the future. Sometimes this works well. Yet, often we can't avoid the trigger, there's not actually danger ("false alarm"), or avoidance leads to loss of freedom and joy.

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we begin to experience a sense of threat or danger. Feeling tense, overwhelmed, nervous, and restless are just a few common responses.







**Risk Factors**

Genetics    Health Concerns

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**Triggers**

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**Thoughts**

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**Behaviors**

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**Feelings**

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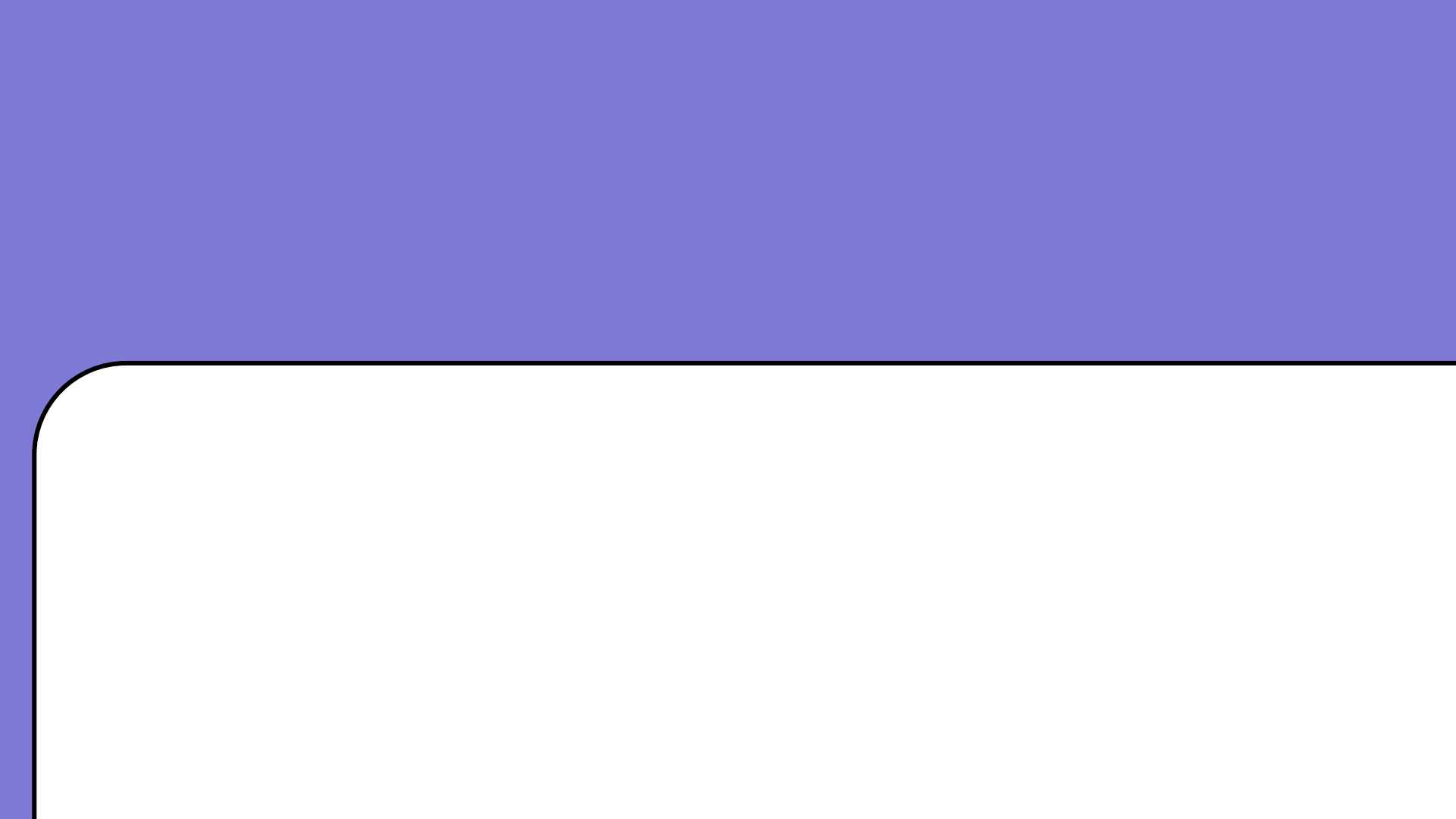
**Physical Changes**

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