



Self-care

Intentional actions that help you return to baseline and build resilience.



Response

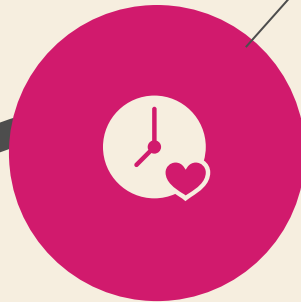
Your body reacts with fight, flight, freeze, or fawn to cope with the perceived threat.



The Stress Cycle

Baseline

Your usual mental and emotional state — a reference point for noticing change.



Stressor

An event or situation that disrupts your balance, like conflict, loss, or uncertainty.



Perception

How you interpret the stressor “This is not going to turn out well” Signals our emotional/physical response

