

What is the **Stress Boost** response?

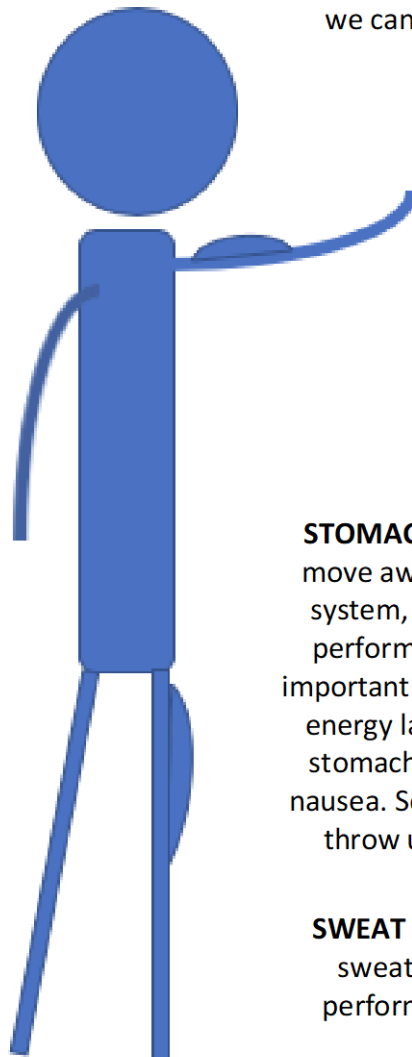
When we feel **anxious, excited** or **in danger** our body gets a **BOOST**.

HEAD - Our brain turns on the stress boost system when it notices danger or challenges. Sometimes people get headaches when anxious.

BREATHING - Our lungs may breathe faster to get extra oxygen to our brain and muscles. We might feel a little dizzy from extra oxygen.

HEART - Our heart may beat faster, to get extra blood, oxygen and energy to our brain and big muscles so they are stronger and faster.

SKIN - Blood often moves away from the surface of our body, and our hands and feet, which is good if we get injured. It can make our skin feel cold or tingly, and we might look pale.



EYES - Our eyes may open wider to let in more light, so we can better spot danger.

MUSCLES - Extra blood and energy flows to our big muscles to help us fight or escape danger. Our muscles can feel tense and a bit shaky from the boost of energy and blood sugar.

STOMACH - Blood and energy move away from our digestive system, because survival and performance **NOW** are more important than digesting food for energy later. This can feel like stomachaches, butterflies, or nausea. Sometimes people even throw up or have diarrhea.

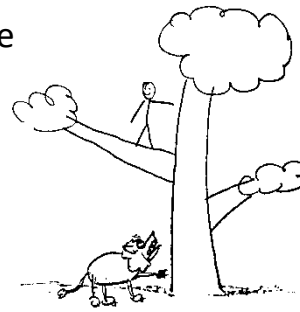
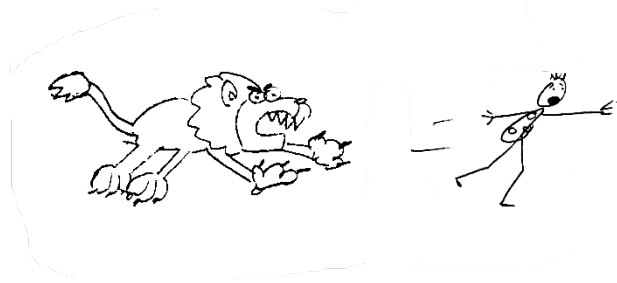
SWEAT - Our skin often gets sweaty, to help our high performance body cool off

These changes are not dangerous and are often helpful!

Your job is not to get *rid* of anxious feelings, but to learn to do the things you need and want to do *anyway*. Doing this will help re-train your stress boost to only go off when you really need it.

FUN FACT: Scientists call some of these changes the “fight, flight, freeze” response because they help animals fight, flee or freeze to get out of danger.

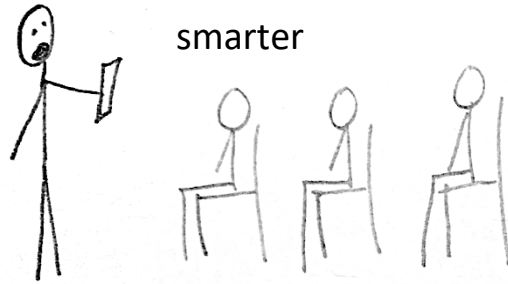
The **stress boost response** helped our ancestors survive



And it can make us faster



smarter

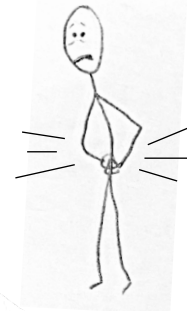


and safer

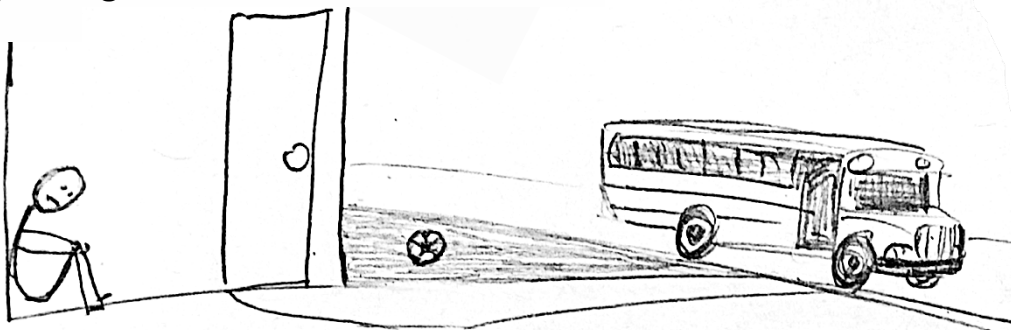
Yikes!
That was close!



...even though it can often be uncomfortable



The stress boost can help us as long as we don't miss out on life by hiding from it.



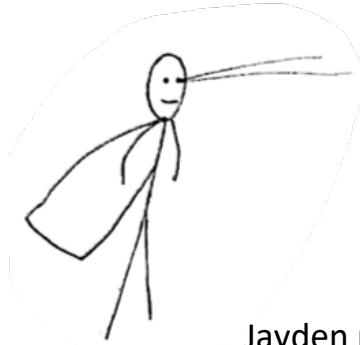
Why do some people seem to get more anxious?

Sometimes having a strong stress boost system is like being a bit taller or having brown eyes. It's just a part of who we are. We can also get more stress boost and danger alert reactions after scary things happen to us.

The cool thing is that having strong stress boost and danger alert systems can help us do extra well at things!

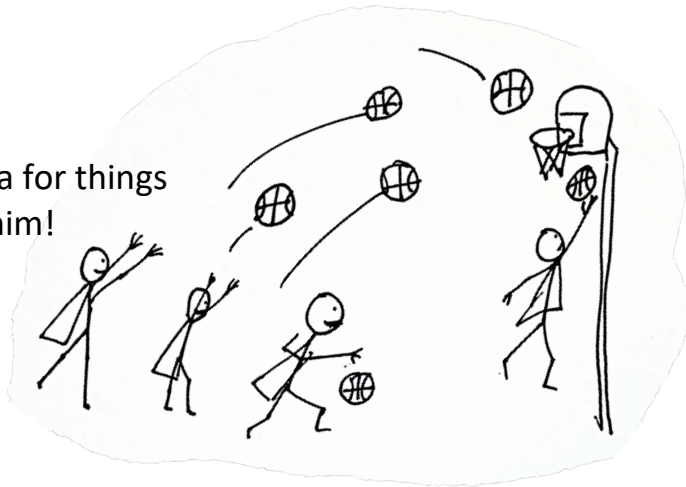


Remember Jayden? His stress boost and danger alert system is EXTRA strong. For him it sometimes works like having a super power...



Jayden sees problems 10 miles away!

Jayden prepares extra for things that are important to him!



Jayden gets his performance **boosted** in situations that matter!

