MINDFUL AND COMPASSIONATE RESPONSE TO STRESS

Reacting vs Responding

UNAWARE

STRESS REACTION

AUTOPILOT

Fight, flight, or freeze

Sympathetic Activation

Hypothalamus, pituary & adrenals Increased cortisol adrenaline, noradrenaline

Acute Hyperarousal

Increased heart rate, blood pressure, inflammatory markers
Activated amygdala

Chronic Stress Reaction

Chronic hyperarousal inflammation, pain, asthma, heart disease, irritable bowel, insomnia, anxiety, depression, decreased immune function

Maladaptive Coping

Denial, isolation, overworking, overeating, substance & technology overuse

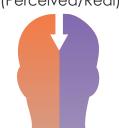
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BREAKDOWN

Physical/psychological breakdown, burn-out

EXTERNAL STRESSORS

(Perceived/Real)



Cardiovascular
Digestive
Immune
Musculoskeletal

Nervous Systems

Internal Stressors

Thoughts Emotions, Pain **Self-Criticism**

AWARE

COMPASSIONATE & MINDFUL RESPONSE

PAUSE

Calm & connected

Parasympathetic Activation

Hypothalamus, pituary
& adrenals
Increased oxytocin
& endorphins
Reduced cortisol

Open, Receptive & Curious

Reduced heart rate, blood pressure & inflammatory markers Increased prosocial brain activity

Seeing New Possibilities Growth & Regeneration

Improved wound healing, immune function & sleep, prosocial & nurturing (kindness, gratitude, generosity, helping, joy), improved relationships, reduced pain, less inflammation

Well-BeingPhysical & Mental
Health, **RESILIENCE**

2018 Elizabeth Lin MD, MPH