

## **threat stress response**

brain waves  
quicken

increased blood  
pressure

breathing  
quickens

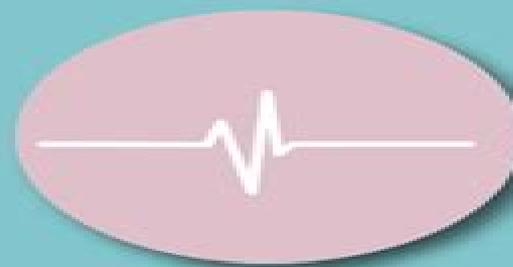
heart rate  
increases

metabolism  
increases

digestion slows  
down

cortisol and  
adrenaline increase

libido reduces



## **the relaxation response**

slowed brain  
waves

decreased blood  
pressure

breathing  
slows

heart rate  
decreases

reduced  
metabolism

normalised  
digestion

hormone levels  
normalised

libido normalised



HOW CAN YOU ACTIVATE YOUR RELAXATION RESPONSE?  
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# Relaxation Response

**L Manion**



**Relaxation Response:**

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