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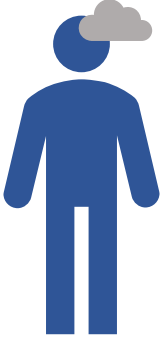






Call for Help

	 <p>Panicked facial expressions.</p>  <p>Shout for help</p>	 <p>Shaky tone of voice</p>  <p>Can't listen</p>	 <p>Socially disengaged</p>
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Run and Hide

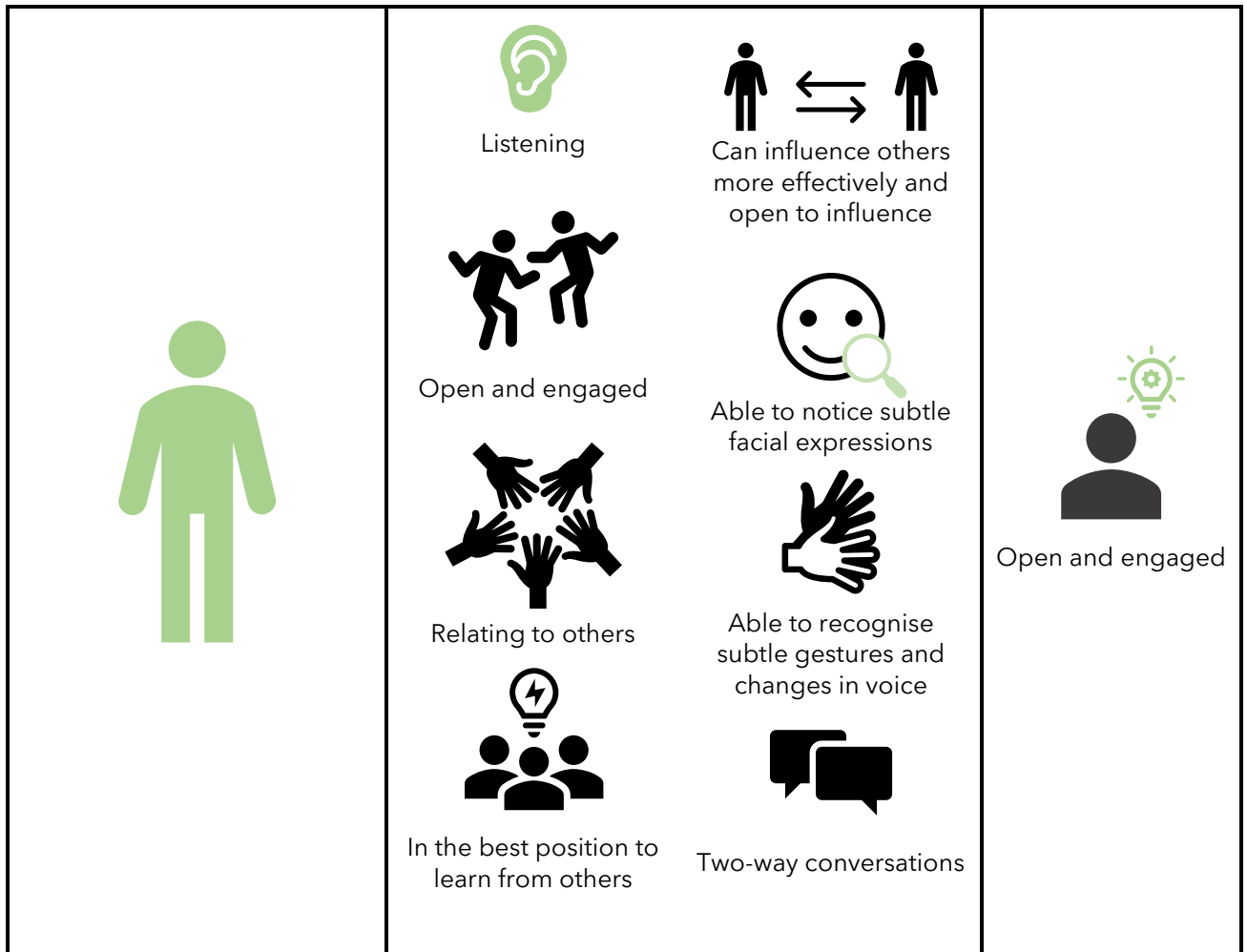
	 <p>Heart rate and blood pressure increases</p>  <p>Diverts blood to muscles</p>  <p>Increases breathing</p>  <p>Increases sweating</p>	 <p>Slows digestion</p>  <p>Reduces salivation</p>  <p>Relaxes the bladder</p>  <p>Focused on escape</p>	 <p>Light-headed, frightened, or angry</p>
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Shutting down

	 <p>Heart rate and blood pressure drops</p>  <p>Slowed breathing</p>  <p>Diverts away from the muscles</p>	 <p>Slowed digestion and relaxed bowel</p>  <p>Energy use reduced to preserve energy</p>	 <p>Foggy, frozen and disconnected</p>
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Neurological Responses to Safety



What are the signs that you are feeling safe?

1.
2.
3.
4.
5.
6.
7.

