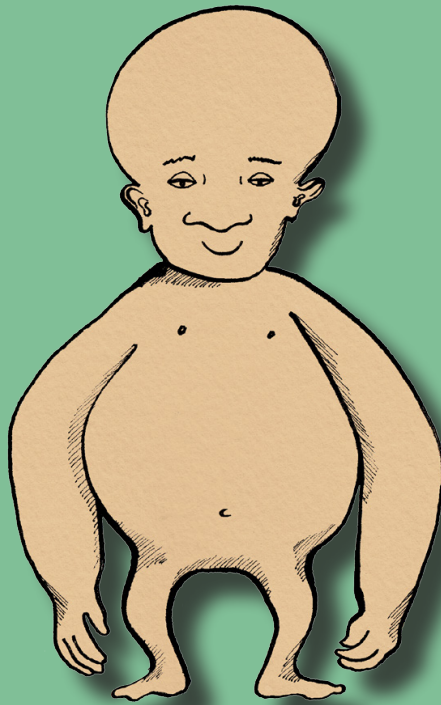


# Rest and Digest

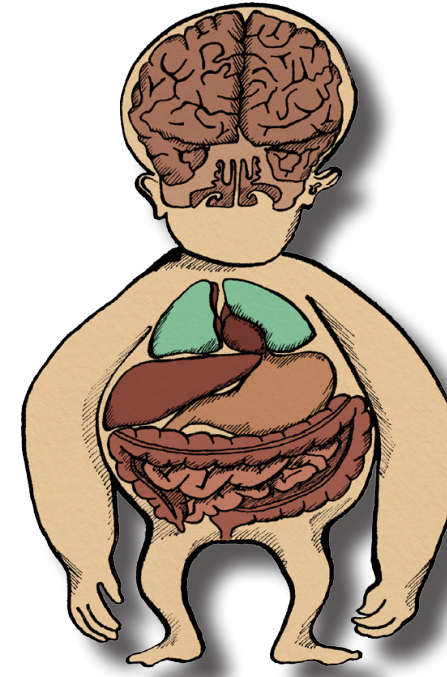


“You had me at ‘Hello’...”

I'm chilled out;  
I feel relaxed and content...

My muscles are relaxed

The oxygen in my blood is mainly directed to my digestive system



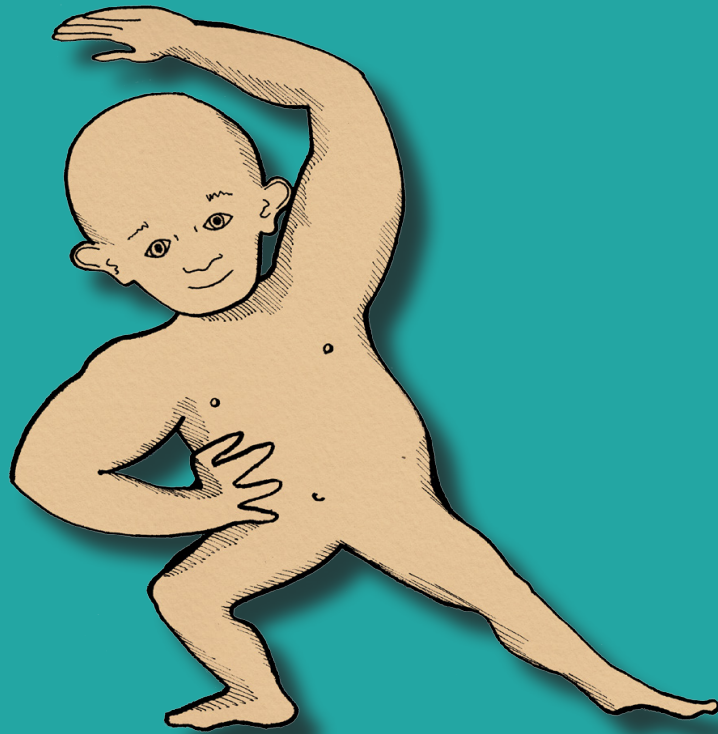
My breathing is slower and my eyelids are heavy

Resting gives my brain and body a chance to recharge my batteries

I'm open to affection and new ideas

Why do I feel this way? Find out at:  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

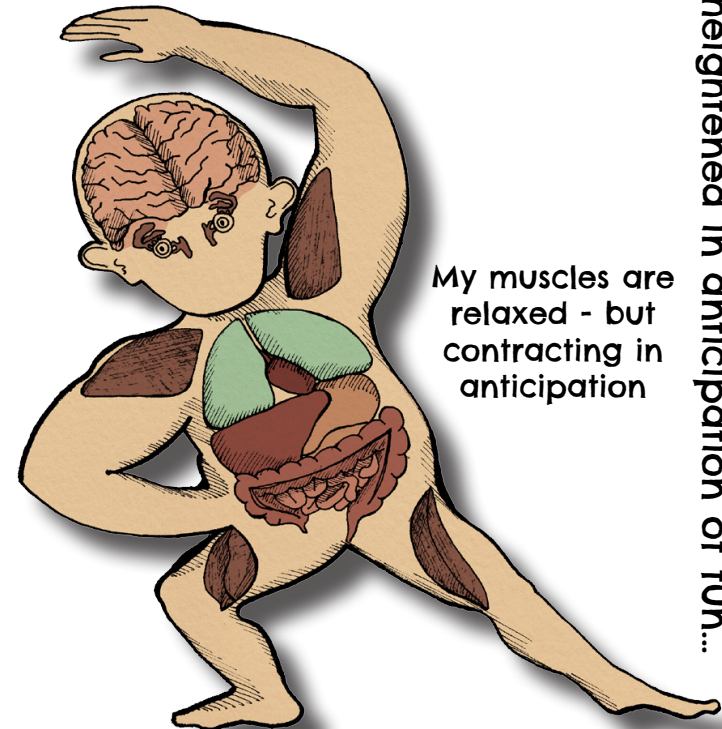
# Alert and Engaged



“To boldly go...”

I'm excited and optimistic...

My breathing is even and my heart is pumping oxygen to my muscles and brain



My muscles are relaxed - but contracting in anticipation

I feel able to tackle just about anything!

My senses are heightened in anticipation of fun...

I'm ready for action and adventure!

Why do I feel this way? Find out at:  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

# Anxious and Afraid



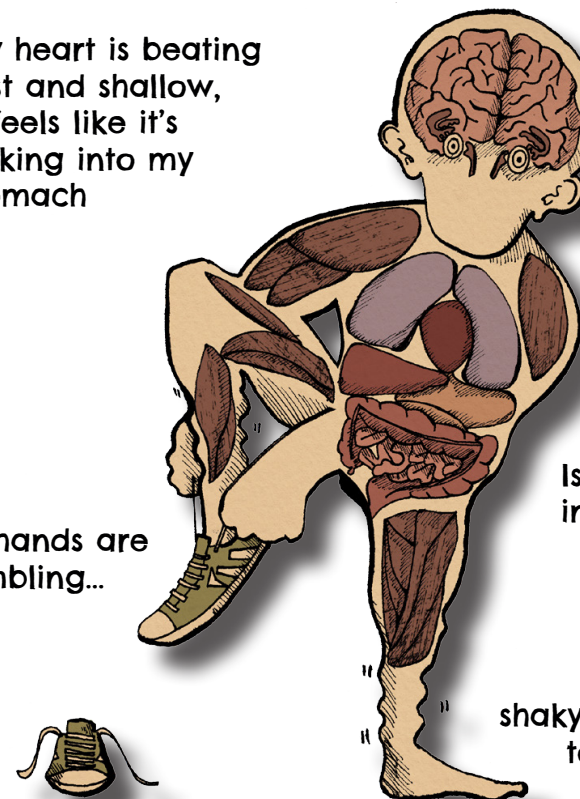
“I have a *bad* feeling about this...”

I feel like something really bad is about to happen...

My senses are selective and only looking for trouble

My heart is beating fast and shallow, it feels like it's sinking into my stomach

My hands are trembling...



Is that a knot in the middle of my stomach?

My legs are shaky, but I need to run away!

Have I done something wrong?  
Am I in trouble, again?!

Why do I feel this way? Find out at:  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

# Fight or Flight

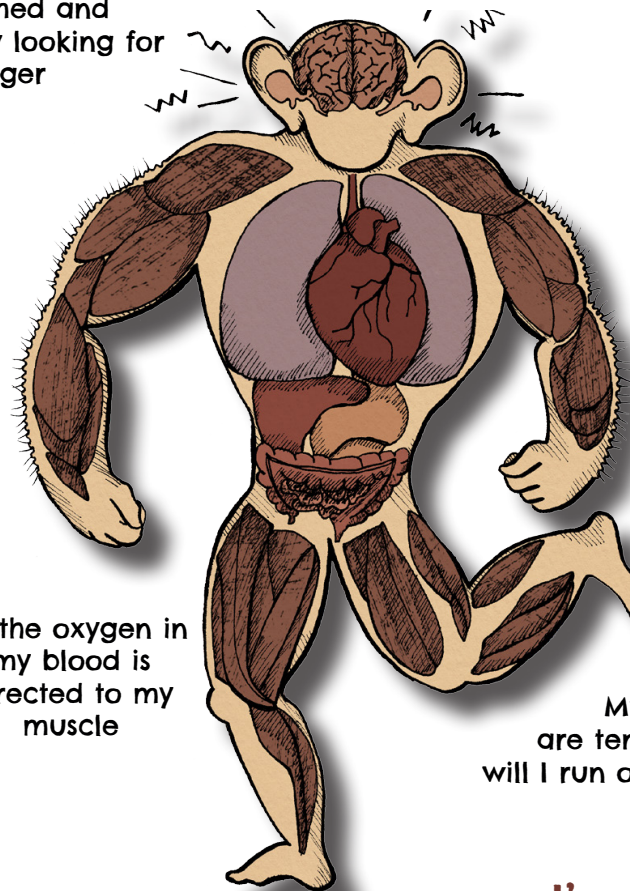


“All systems go...”

## I feel afraid but I look enraged...

My senses are primed and only looking for danger

I'm breathing faster and my heart is thumping



All the oxygen in my blood is directed to my muscle

My muscles are tensing up - will I run or attack?!

## I'm angry but I want to run away

Why do I feel this way? Find out at:  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

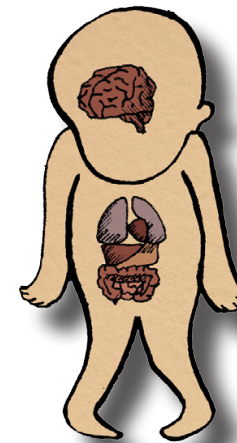
## Freeze and Shutdown



“Don’t make a sound...”

I’m surrounded by people  
but I feel so alone...

My senses are numb; I need to protect  
myself from what’s going on around me



My heartbeat, digestion and breathing are slow,  
I’m not moving - I don’t want to draw attention  
to myself

I want to be invisible; I want to  
make the world go away

Why do I feel this way? Find out at:  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)