

Physiological Stress Response/

Protectometer

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This resource is available from health.govt.nz or
your local Authorised Provider August 2025 HE3274

Things you hear,
see, smell, taste,
touch

DIMS

Danger in Me

Things you say

Things you do

Places you go

Things you think
and believe

Things happening
in your body

People in your
life

SIMS

Safety in Me

Things you do

Things you say

Things you think
and believe

Places you go

People in your
life

Things happening
in your body

Things you hear,
see, smell, taste,
touch

