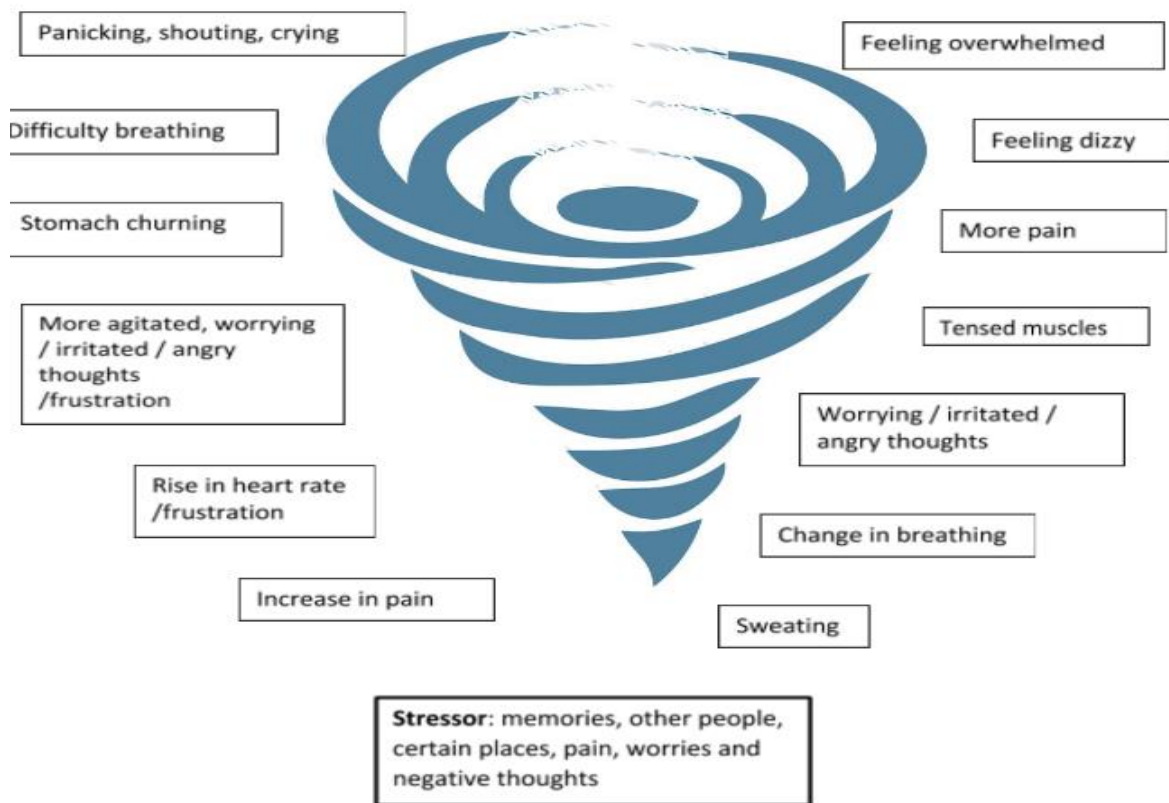


🤔 Stress Response



🌟 Key Learnings

- **Pain triggers the stress response** a state of heightened alertness.
- The **stress response is automatic**, part of our body's built-in protection system—think **fight, flight, or freeze**.
- While stress prepares us for action, **chronic activation** can drain energy and make daily life harder.
- You can **influence your stress response** through conscious practices like **slowing your breath** and **relaxing muscles**.
- Everyone experiences stress differently—**recognising your personal triggers** and soothing techniques is key.
- **Environmental factors** play a big role in stress—being aware of your surroundings helps you adapt and manage better.

🔧 Skills to Practise

- **Notice early signs** of your body's stress response.
- **Focus on your breath** when pain or stress increases.
- **Try breathing out longer** while softening a muscle group—repeat several times a day.
- **Listen to relaxation scripts** to help calm your system.

? Quiz: Stress Response

Question 1: What is the main purpose of the stress response in the body?

- A. To help us sleep better
- B. To prepare us for action in response to perceived threats
- C. To reduce pain instantly
- D. To improve digestion

Explanation: The stress response activates protective changes like increased alertness and muscle tension to help us respond to danger. **Answer:** B

Question 2: Which of the following is NOT a helpful skill for managing the stress response?

- A. Noticing early signs of stress in your body
- B. Breathing out slowly while relaxing a muscle group
- C. Ignoring stress and pushing through pain
- D. Listening to relaxation scripts

Explanation: Ignoring stress can worsen symptoms. Calming techniques help regulate the stress response. **Answer:** C

Question 3: Why can the stress response become unhelpful in chronic pain?

- A. It improves digestion
- B. It stops working altogether
- C. It only responds to emotional threats
- D. It becomes constantly activated, leading to fatigue and increased pain

Explanation: Chronic activation of the stress response drains energy and can amplify pain and emotional distress. **Answer:** D

Question 4: Which of the following statements is TRUE about the “better safe than sorry” principle?

- A. The brain triggers protective responses even if the threat isn’t real
- B. The brain sees false alarms as failures
- C. The brain prefers to underreact to threats
- D. The brain ignores past experiences when assessing danger

Explanation: survival is key and having overprotective responses works better than not responding enough **Answer:** A