

## YOUR BODY'S POSSIBLE REACTIONS TO CRISIS & STRESS

Your body releases 132 chemicals into your system when it is under stress. Your adrenal gland and thyroid regulate these chemicals.

What can happen:	How to help:
<b>Eating Patterns Change: Eating LESS or Eating MORE</b>	<ul style="list-style-type: none"> <li>• Eat Healthy – Plenty of Protein, Vegetables &amp; Fruit</li> <li>• Drink a lot of Water</li> </ul>
<b>Sleeping Patterns Change: Sleep is DISRUPTED Hard time falling asleep Nightmares</b>	<ul style="list-style-type: none"> <li>• Avoid Naps</li> <li>• Avoid Caffeine, Alcohol, and illicit drugs – these all interrupt sleep.</li> </ul>
<b>“Tapes” keeping playing themselves over and over in your head.</b>  <i>Your brain is trying to find a way to sort it out and fit it in...in a way it can survive.</i>	<ul style="list-style-type: none"> <li>• Let the thoughts run.</li> <li>• If you can't handle it, tell yourself you will think about it later on a certain day and time.</li> </ul>
<b>Heart Racing / Feeling Scared</b>	<ul style="list-style-type: none"> <li>• Slow / Deep Breathing</li> <li>• 2 breath counts in &amp; 3 breath counts out</li> </ul>

### **Stages of Grief**

Shock / Disbelief

Sad / Depressed

Angry

Bargaining

Acceptance

All of these stages and feelings are normal. They don't necessarily go in order. You may even feel all of them at the same time. Everyone reaches “acceptance” at his/her own pace.