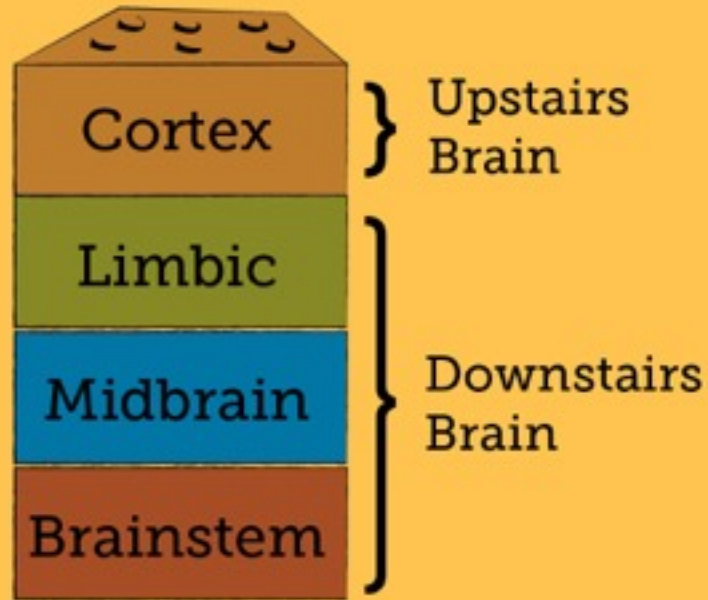


# Brain and Body Connection

## *Under Stress*

# Building Blocks of our Brain



# What is Work Stress

SUPERVISOR  
EXPECTATIONS

LACK OF SUPPORT

DIFFICULT  
PATIENTS

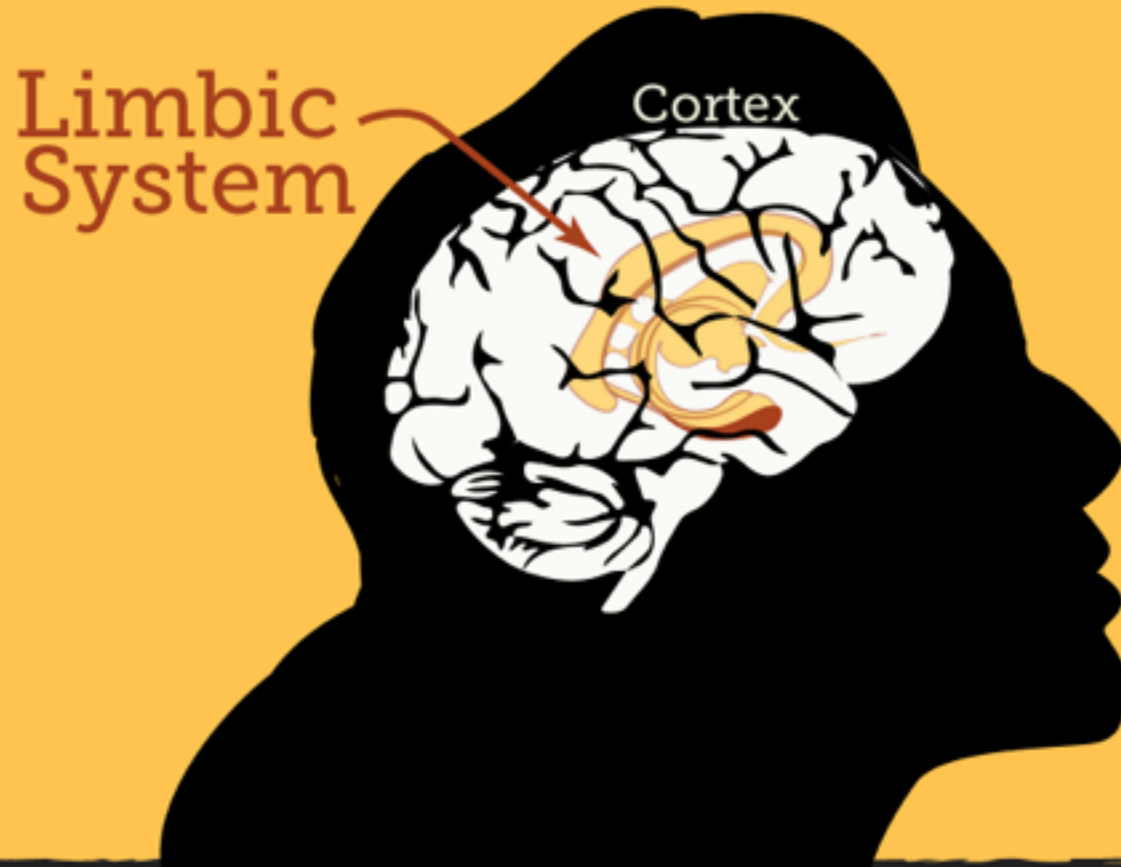
WORK  
POLITICS

ON CALL  
ALL THE TIME

HEALTHY  
STRESS



# Your Brain On Stress: “Downstairs”



# Stress: Mind-Body Connection



## **Stress feels like:**

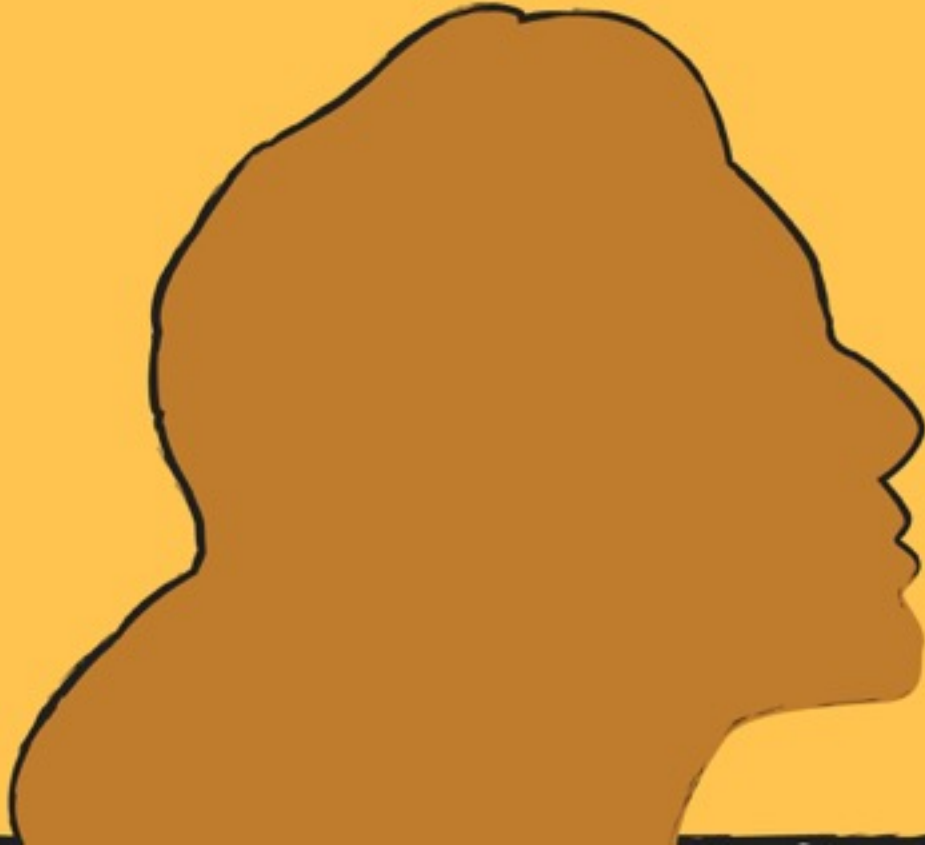
- Racing Heart
- Breathing
- Flushing
- Temperature
- Sweating Palms

***Where do you feel  
stress in your body?***

## Calming Strategies for the “Upstairs Brain”



## Calming Strategies for the “Upstairs Brain”



Breathing  
Exercise  
Watch the Sunrise  
Pick Berries  
Walk on the Tundra  
Beading

It is Never Too Late  
to Change  
Your Brain

