

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: Fight, Flight, Freeze, and Shutdown

Different stress responses reflect different protective strategies.

What I Notice

- When stressed, my child tends to _____

- This response shows up most during _____

What This Might Be About

- This response may have helped my child in the past by _____

- It might be protecting them from _____

What Comes Up for Me

- This response is hardest for me when _____

- I notice tension in my body when _____

Gentle Reframe

“Different reactions can come from the same stress.”

Final Reflection

- One way I can stay grounded during this response is _____
