

threat stress response

brain waves
quicken

increased blood
pressure

breathing
quickens

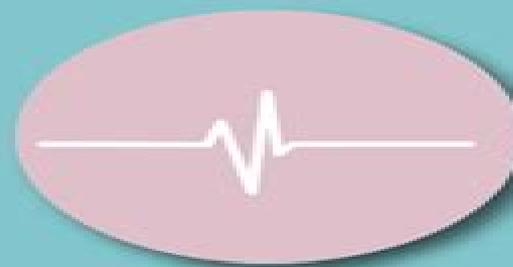
heart rate
increases

metabolism
increases

digestion slows
down

cortisol and
adrenaline increase

libido reduces



the relaxation response

slowed brain
waves

decreased blood
pressure

breathing
slows

heart rate
decreases

reduced
metabolism

normalised
digestion

hormone levels
normalised

libido normalised



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The Relaxation Response

JA Banks



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