## **Summary of Stress Response**

#### **Ideal State**

Fully resourced relaxed, resourced, and present.



#### **Active alert state**

Orienting response, heightened alertness, orienting to danger.

## Fight or flight response

Highly aroused state, highly charged mobilization of defensive energies.

#### Overwhelm

Resources overwhelmed because they cannot be expressed.

# **Shock response**

Dissociation and freezing.

Cycling of aroused central nervous system energies.

Fight or flight response is overwhelmed.

Shock is a highly charged state of cycling energy and hormones, immobilization and dissociation, separation of psyche from soma. Catatonia results.

## Movement out of shock response

Re-association and re-integration of psyche and discharge of cycling energy through the body, trembling, shaking, etc.

Further discharge of energy via mobilization of fight or flight response.

Return to active alert and to orienting movements.

Return to relaxed ideal state.

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