

COGNITIVE AWARENESS

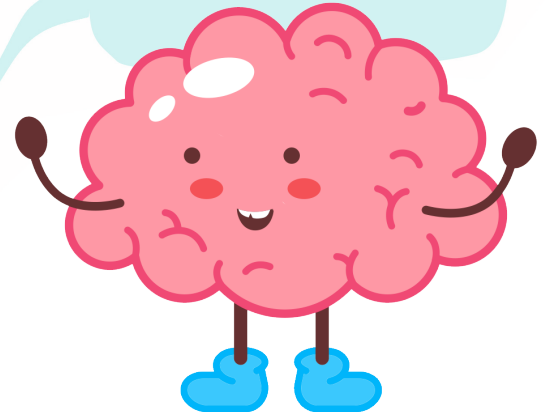
Sensory Input> Stress Response Activated> Prefrontal Cortex Involvement

What you **see**
What you **hear**
What you **smell**
What you **taste**
What you **feel**

**FIGHT
FLIGHT
or
FREEZE**

REASONING THOUGHTS

Are you actually in danger?
What is really happening?
What is a reasonable way
to react in this situation?



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