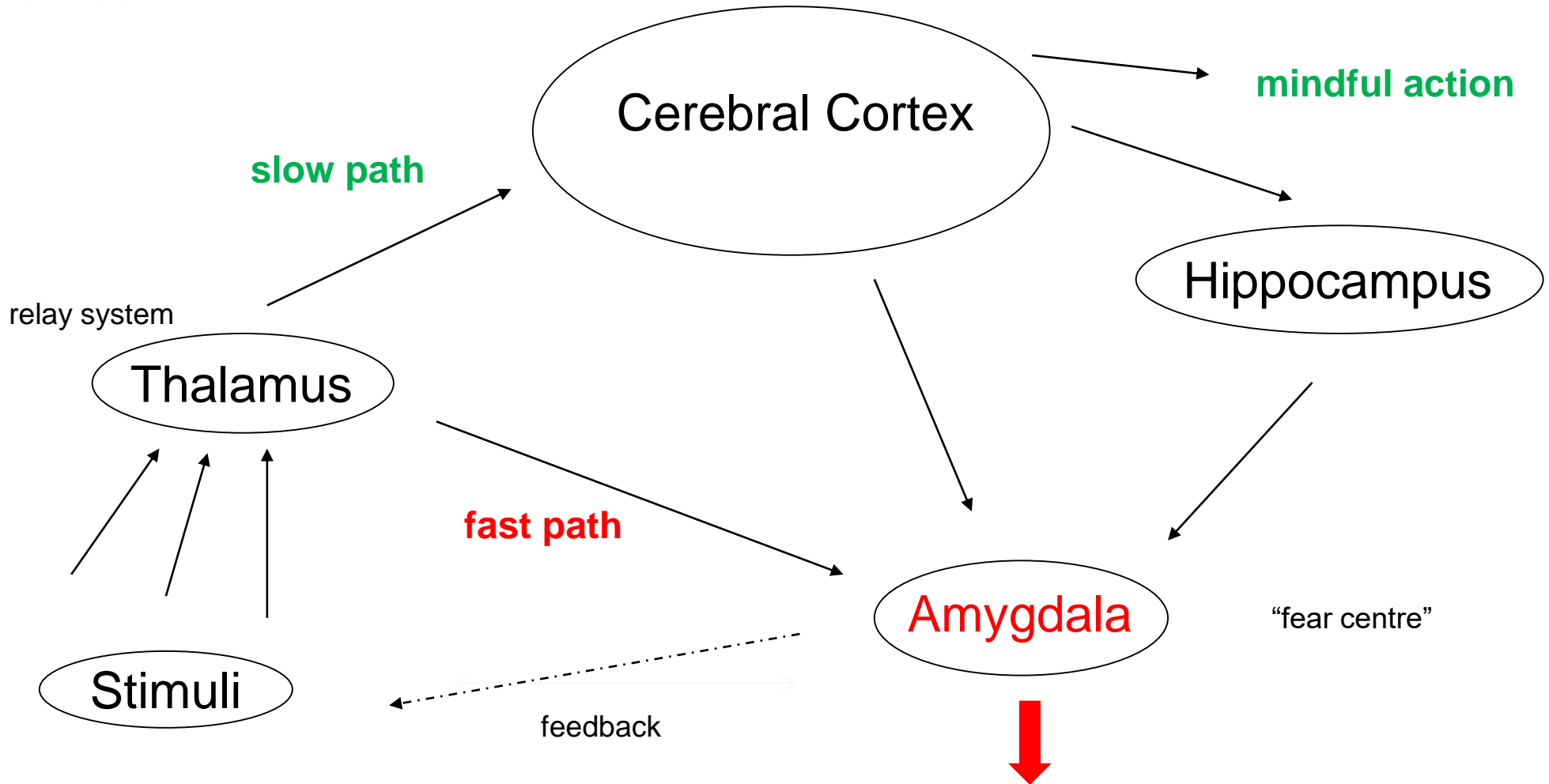


The Stress / Anxiety (Fear) Response



Stimulus – Response Patterns.
Habits. Mindful or Mindless?

Behavioural, autonomic and emotional responses (action, biochemical, body sensation).