

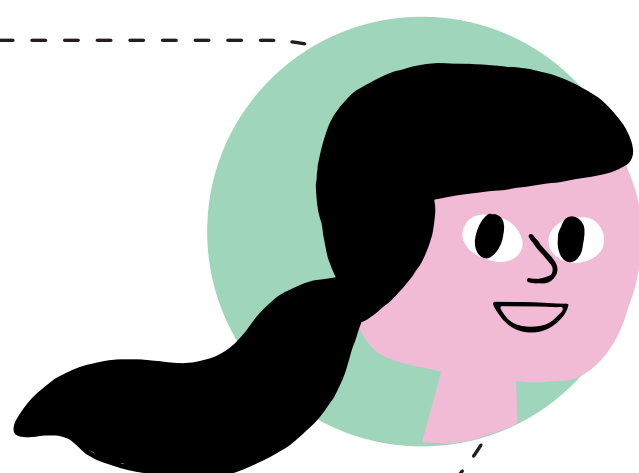
What is my mental state?

States of stress response system activation



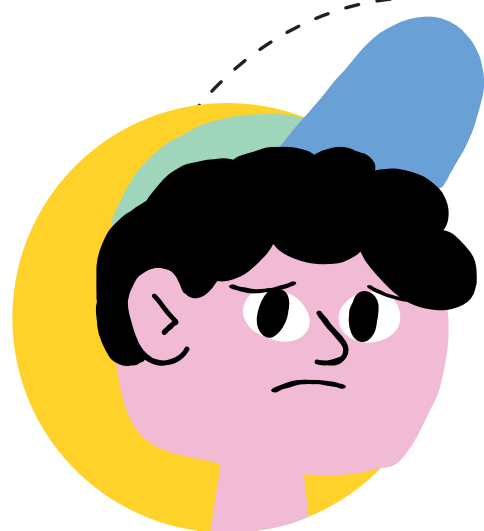
Calm

I feel safe and comfortable. I can think in abstract, rational, and creative way. I am focused on school work and able to reflect. It is easy for me to consider and plan for the future.



Alert

I can sit at my desk, focus on school work and cooperate with others. I think in concrete and less creative terms. My sense of time is narrowed to days/hours. **I am interested in what's going on around me.** If I get nervous, I may avoid contact or withdraw.



Alarm

I feel a lot of emotions at once. It is hard for me to focus and store information. My breathing and heart beating are getting faster. I'm more aware of the way people around are looking at me. **I think in terms of hours and minutes.** I'm reacting emotionally and having a harder time controlling myself. **I may show resistance, or I may stop noticing and give in to what I disagree with.**



Fear

I can't think clearly right now. I may not trust your suggestions and refuse to do what I was told to. My sense of time is narrowed to the next minutes and seconds. I am very reactive to my surroundings. I feel overwhelmed and it's harder to connect with me. **I might show defiance, try to escape, or become numb and stop reacting.**



Terror

I can't think or even communicate with you. I have no sense of time and space. **My reactions are reflective.** I might lash out and be aggressive, run away, freeze or faint.

Based on the work of Bruce D. Perry, Kaja N. Johannessen and Ann-Karin N. Bakken



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