

# Autonomic Nervous System

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## *“Fight or Flight”*

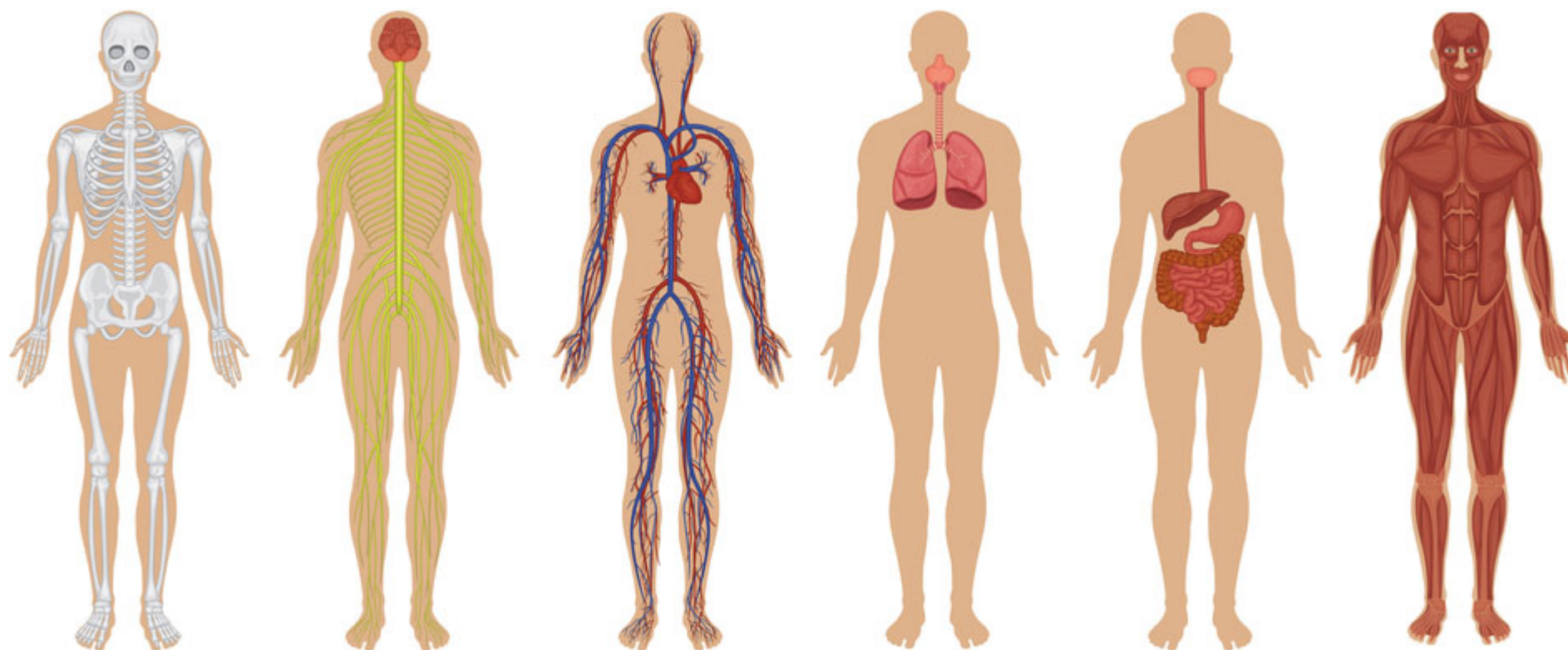
# Sympathetic



# Parasympathetic

*“Rest and Digest”*

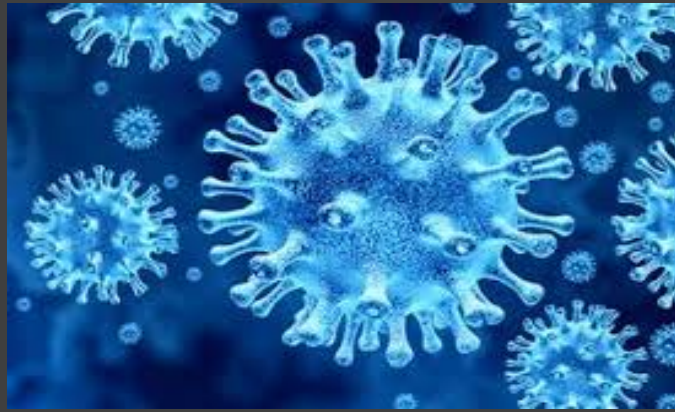




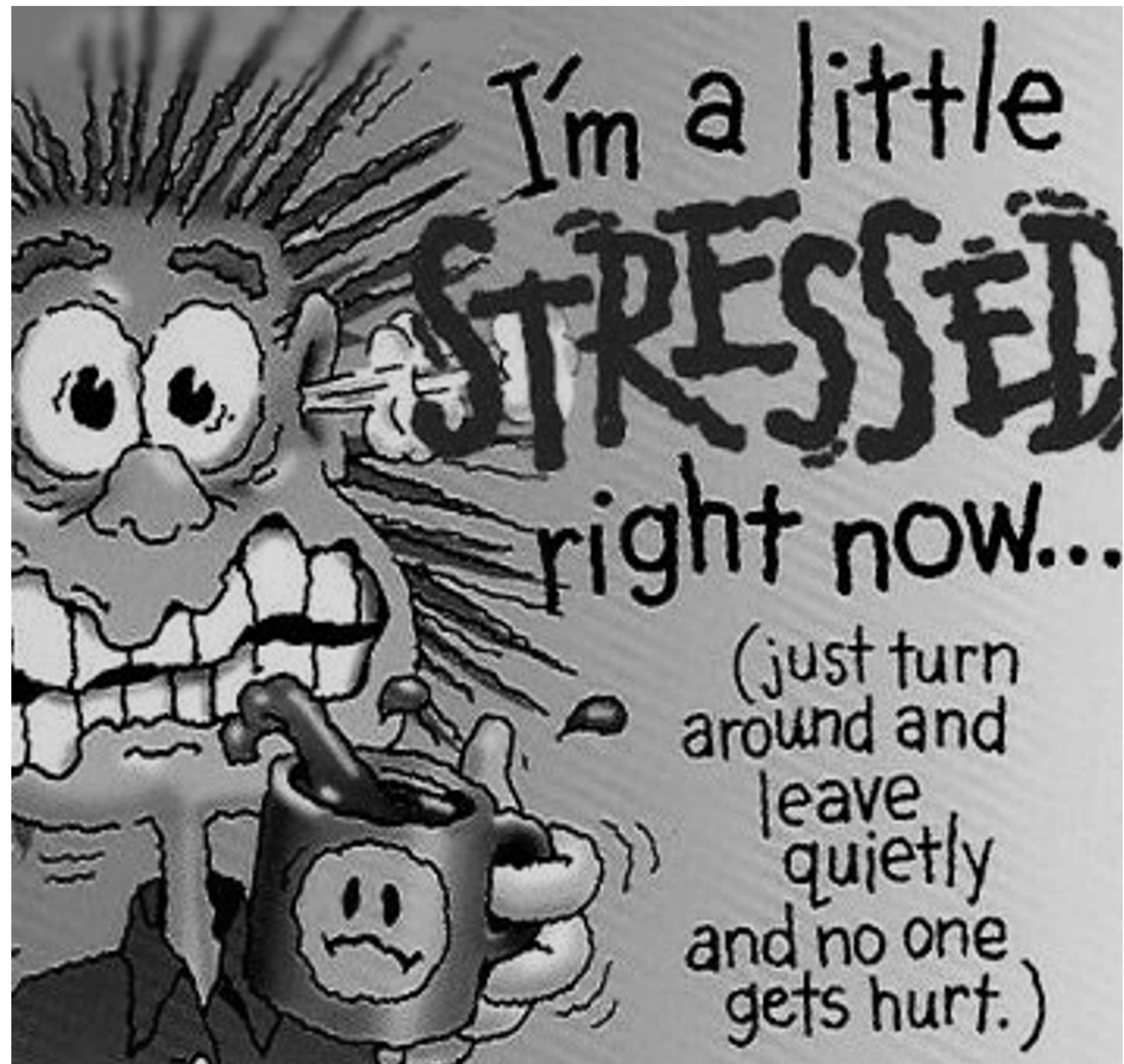
m



*Stuck in the “ON”  
position*



# CHRONIC STRESS





You've got  
a choice!