



## ***Transforming Stress* Group Reading Guide**

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### **Chapter 5: Transforming the Stress Response**

1. What are some of my “stress symptoms”? (p. 57)
2. What are some negative results of stress?
3. What is “the stress habit”? (p. 59) Do I have it?
4. What is the autonomic nervous system? (p. 60) How does my body react to stress?
5. How are the sympathetic nervous system and the parasympathetic nervous system different? (p. 61)
6. Heart rate variability is the heart’s ability to adapt or respond to stress. If HRV is low, what are the health outcomes?
7. What is “the brain in the heart”? (p. 63) How do the brain and the amygdala interact?
8. How do “stress habits” develop? (p. 65) How can a stress habit be changed?
9. Why do we tend to think that using thinking to solve our anxiety is the best method?
10. Why is down shifting the heart to homeostasis a better solution?