



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

**Dr. Kathryn (Kate) E. Patten**

### **Chapter 7: Transforming Stress into High Performance**

1. What happens to the body at the first onset of stress? (p. 85)
2. Summarize the effects of too much adrenaline in the brain/body. (p. 85)
3. Summarize the effects of too much cortisol in the brain/body. (p. 86)
4. What do other catecholamines do to the brain when stress occurs? (p. 87)
5. How does stress affect our eating and use of energy? (p. 88)
6. What are the “feel good hormones” and how do they work against stress and aging? (p. 89,90)
7. What positive effects does reducing stress hormones in the brain/body promote? (p. 90,91)
8. Name some negative high energy emotions and negative low energy emotions. Circle the ones that you feel often.
9. Name the positive high energy and positive low energy emotions. Circle the ones you feel frequently.
10. Do you think emotionally fit people experience the same range of emotions as people with poor emotion regulation strategies? If emotionally fit people return to positive emotional balance, or homeostasis more quickly and easily, how is this helpful in relationships and productivity?