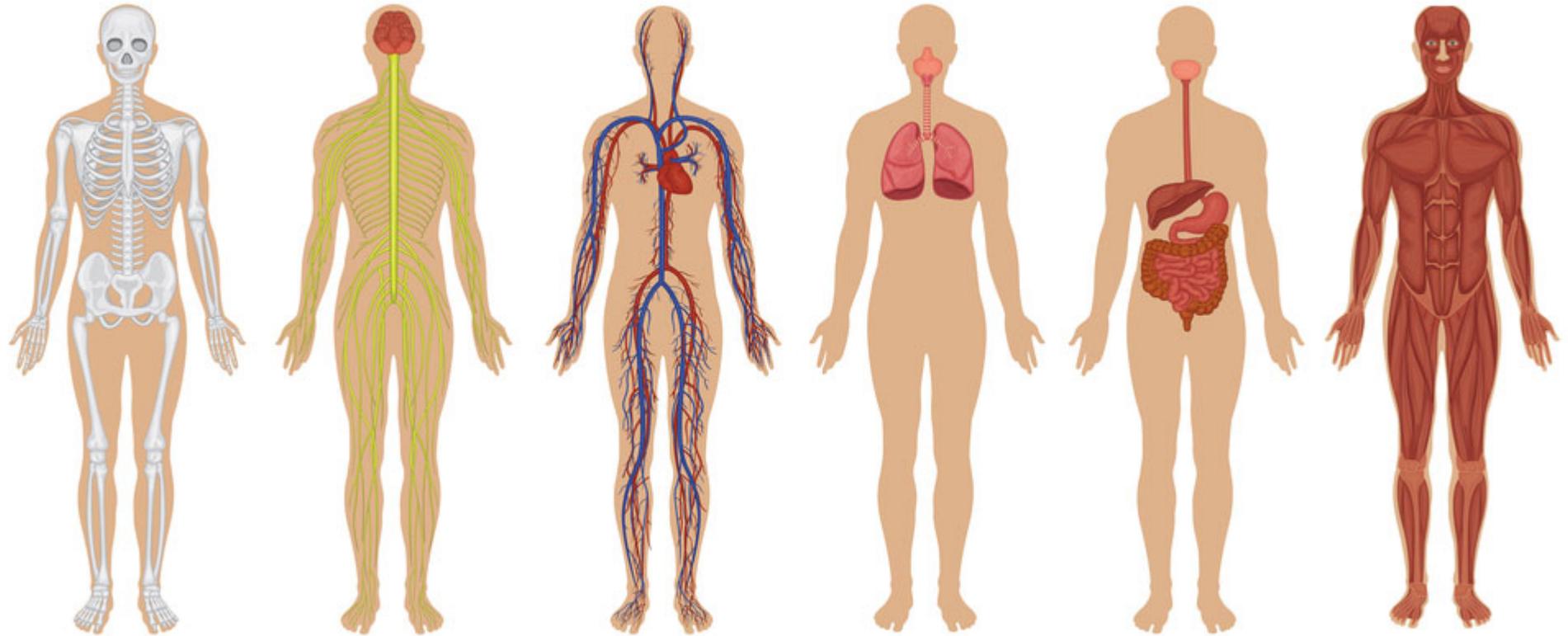


Autonomic Nervous System

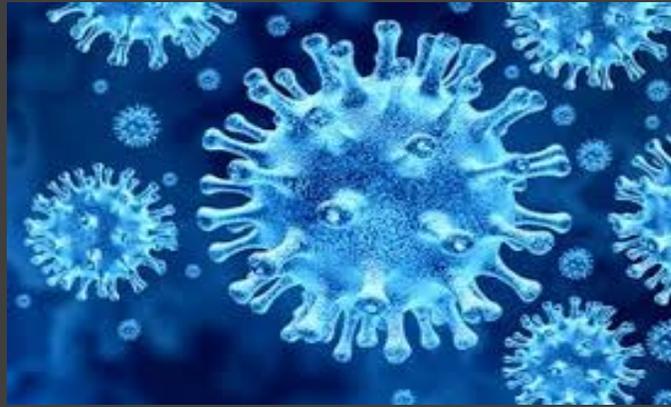
An elderly man with a white beard and closed eyes is seated in a white chair. He is holding his hands together in a prayer-like gesture, with his fingers interlaced. The background is a soft, light-colored wall. The overall mood is peaceful and serene.

Parasympathetic

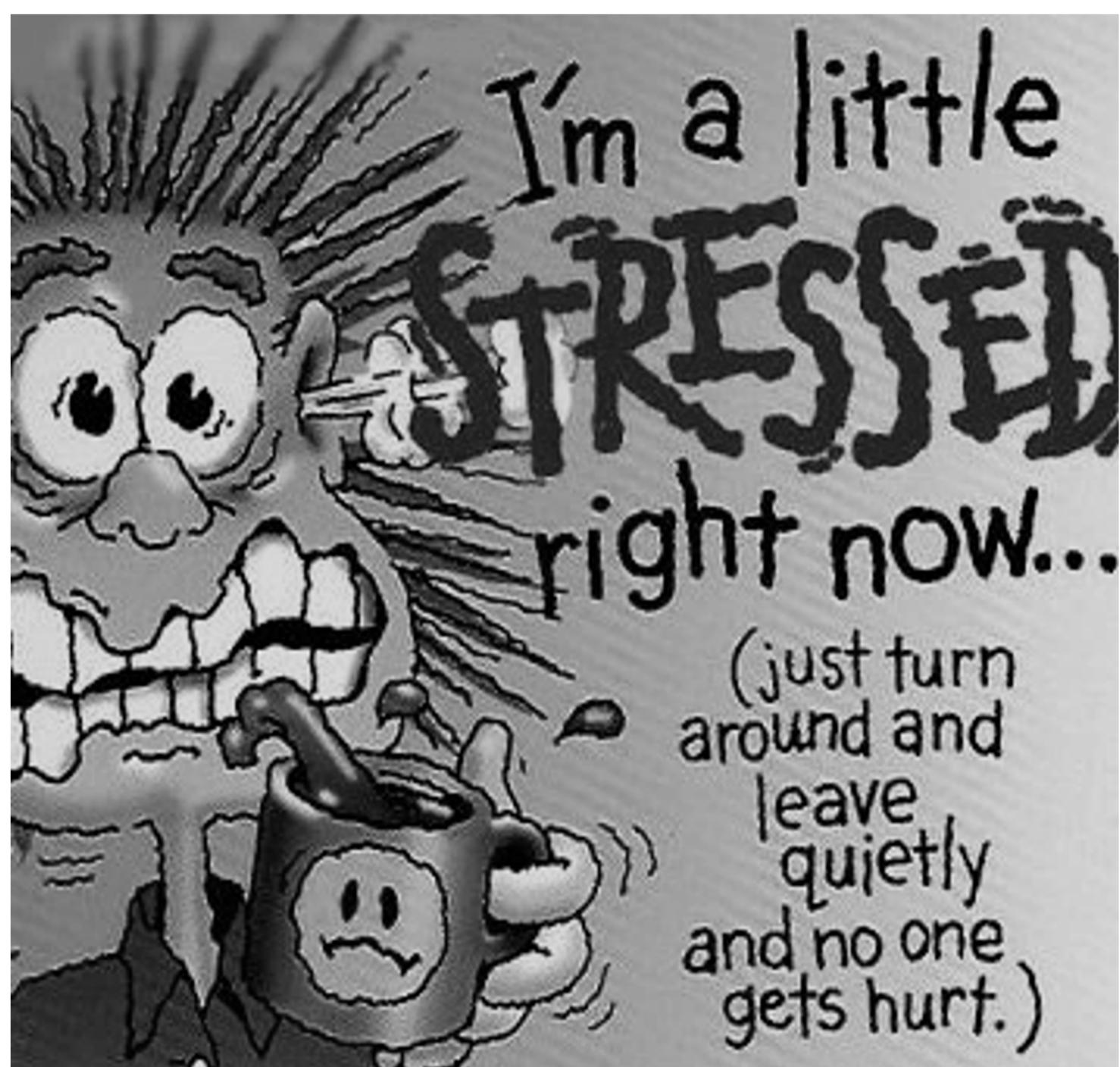
“Rest and Digest”



*Stuck in the “ON”
position*



CHRONIC
STRESS





You've got
a choice!