



Survivor-Centred Visual Narratives

Body Map Worksheet: Stress, the Nervous System, and Resilience

Instructions:

1. Look at the body outline space below.
2. Find moments of high stress within *A Different Kind of Resistance* and *Two Roses*.
3. Label areas where stress might appear in the body.
4. Add short notes describing what might happen in that area of the body.
5. Then add strategies that help the body calm down and return to balance.

Think about what you learned about the nervous system, fight/flight/freeze responses, prolonged stress, and resilience.

Part 1: Where Does Stress Show up in the Body?

Body Area	What Happens in the Body?	Why Does This Happen?

Add notes to body map.

Part 2: Helping the Body Return to Balance

Strategy	How Does This Help the Body?

Add notes to body map.



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Body Map

Use the space below to draw or label where stress might appear in the body (for example: head, shoulders, stomach, heart, muscles). Then add strategies that help the body calm down and return to balance.

