



Depletion to Renewal™ Grid

ANS Activation

Sympathetic – High Heart Rate



Depleting Emotions

Renewing Emotions

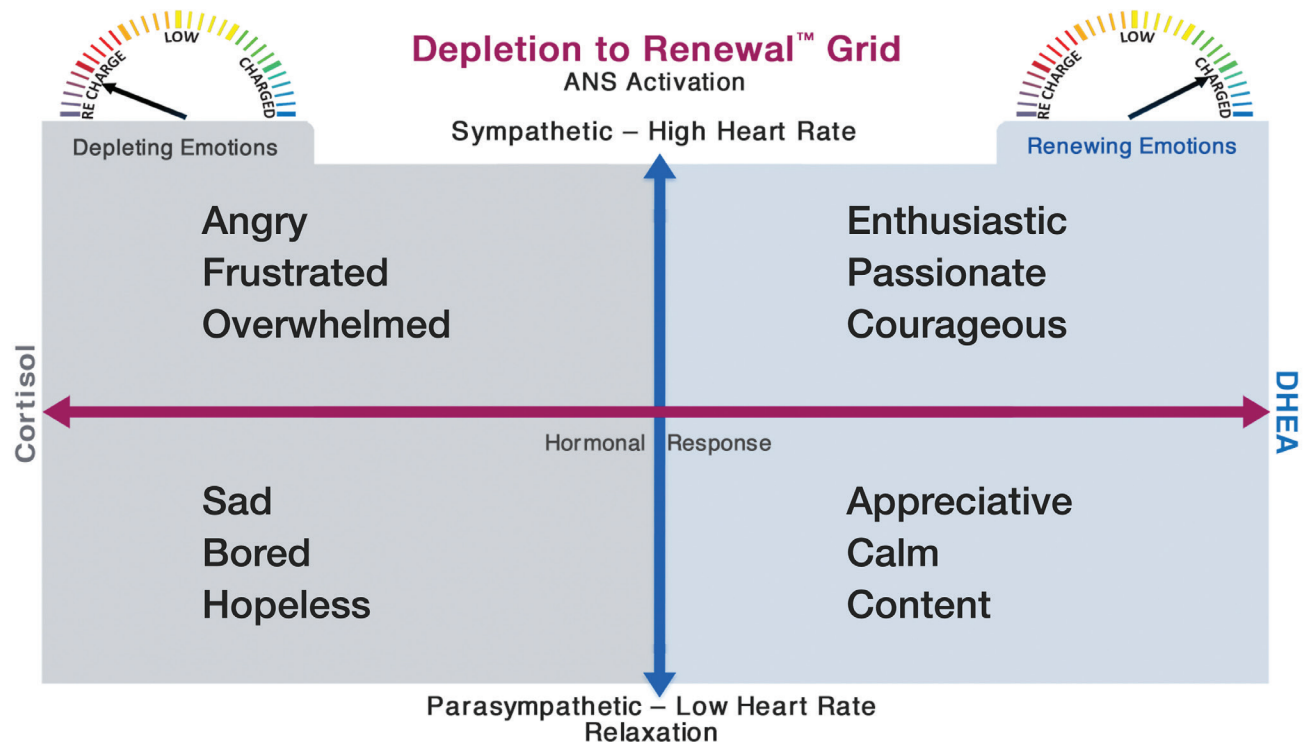
Cortisol

DHEA

Hormonal Response

Parasympathetic – Low Heart Rate
Relaxation

Depletion to Renewal™ Grid



Every emotion you experience has an effect on your body and on your resilience, *whether or not you are aware of it*. Every emotion immediately causes changes in your body, affects your ability to build and sustain your energy and either renews or depletes your resilience. The two main physiological systems that control the cascade of these changes in your body are the hormonal system and the autonomic nervous system (ANS).