

## “Fight Or Flight” Responses

Our “fight or flight” responses are automatic survival mechanisms which prepare the body to take these actions.

All of the body sensations produced are happening for good reasons – to prepare your body to run away or fight – but may be experienced as uncomfortable when you do not know why they are happening.

**Quicker thinking** helps us to evaluate danger and make rapid decisions.

If we don't exercise to use up the extra oxygen then we can quickly start to feel **dizzy or lightheaded.**

**Vision can become acute** so that more attention can be paid to danger.

**Quicker breathing** takes in more oxygen to power the muscles.

**Digestion shuts down** during dangerous situations as energy is diverted towards the muscles.

The **adrenaline glands release adrenaline**, quickly signaling other parts of the body to get ready to respond to danger.

A **faster heartbeat** feeds more blood to the muscles and enhances your ability to run away or fight.

**Muscles in the bladder sometimes relax** in response to extreme stress.

Blood is diverted away from the digestive system which can lead to feelings of **nausea or ‘butterflies’.**

When in danger the **body sweats to keep cool.**

Blood vessels in the skin contract to force blood towards major muscle groups. **Hands get cold.**

**Muscles all over the body tense** in order to get you ready to run away or fight.

## What do you notice in your own body when you are feeling panicked?

**Vision :**

**Head:**

**Heart :**

**Stomach:**

**Bladder / bowel:**

**Hands:**

**Muscles:**