

# FIGHT OR FLIGHT

## RESPONSE



*Why does that happen?*

### Frontal Lobe:

Logic and decision making part of our brain



### Limbic System:

Reacts to stress and puts our body into survival mode

- **Increase in heart rate:** This enables blood and oxygen to be pumped around the body faster.
- **Increase in rate of breathing:** This gives you more oxygen which is necessary for fight or flight. You may start to sigh, yawn, or feel breathless. Your chest may even feel tight. This response also reduces blood flow to your head which may make you feel dizzy, lightheaded, or cause you to feel hot.
- **A redistribution of blood from areas that aren't as vital:** This means you may feel cold or look pale. Your fingers and toes may feel tingly. Your body is bringing blood to all your vital organs.
- **Increase in sweating:** This causes your body to become more slippery making it harder for a predator to catch you and cools the body to keep you from overheating.
- **Widening of the pupils of the eyes:** This lets in more light and enables you to better see your environment.
- **Decreased activity to the digestive system:** This allows more energy to be diverted to fight or flight systems. A decrease in salivation may leave you with a dry mouth. Decreased digestion may also lead to feelings of nausea or a heavy stomach.
- **Muscle tension:** Your muscles prepare for fight or flight, which results in feelings of tension and sometimes muscle pains, trembling and shaking.