

## **Fight or Flight Response to Stress – Danger- Threats**

**Danger-Threats**



**Adrenaline kicks in**



**Acceleration of Heart & Lungs- Blood and Oxygen get moving**



**Skin Color Changes (pale-flushed)**

**Digestion slows down**

**Fat and Glucose are released into the blood for action**

**Inhibition of lachrymal glands (mouth and tears dry up)**

**Dilation of pupils**

**Relaxation of bowel and bladder**

**Loss of Hearing**

**Tunnel vision – Loss of peripheral vision**



**Shaking**

**Muscles tighten up**

**Action Response (Determined by Frontal Cortex)**

**Decision:**



- If I think I can win – I will fight
- If I think I will lose – I will flight