

Flight or fight response

How the body prepares to run away or fight when it senses danger

The brain focuses on the perceived danger and thoughts begin to race as we prepare to make quick decisions.

Extra oxygen produced for running makes head feel dizzy.

The digestive system shuts down to create more energy for running – this makes the mouth go dry and causes loss of appetite.

Vision gets sharper to look for signs of danger.

Breathing gets quicker and heavier to take in extra oxygen to power legs for running.

The heart beats faster to send blood to the leg muscles.

'Butterflies' are felt in the stomach as blood is diverted from the digestive system.

Adrenal glands release adrenaline to get body ready to respond to danger.

Muscles all over the body tense and legs shake to get ready to run

The body sweats to cool down. Hands go cold as blood is diverted to muscles for running.

Muscles in the bladder relax.

Immune system shuts down leaving body more likely to pick up infections and unable to make repairs and get vital nutrients from food.

Reproductive system shuts down reducing sex drive.

