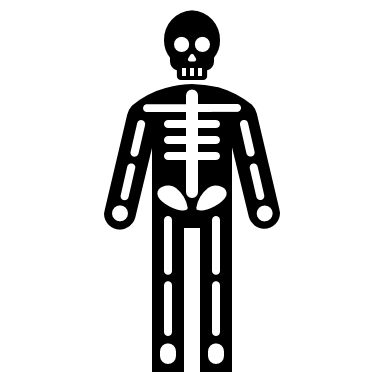
**The Fight-or-Flight Response**

What is the fight-or-flight response?

The fight-or-flight response is a physiological reaction produced by your body when encountered with a perceived threat. When you are faced with an event or situation that makes you feel threatened your fight-or-flight response will be triggered to prepare your body to either fight or take flight and flee.

Increased heart rate

Difficulty concentrating



What responses will you experience?

Nausea

Dry mouth

Racing thoughts

The fight-or-flight response can be triggered by other stimuli that does not always mean we are in imminent danger. A student’s fight-or-flight response may be triggered when giving a presentation or taking an exam. In these situations, the response appears to be of no help to the student. For many people living with a mental health condition, the fight-or-flight response can be triggered for no apparent reason. This is an unhealthy response that needs to be addressed and managed.

Shaking

Dizziness

Tensed muscles

Rapid, shallow breathing

Exercise gives your body the burst of energy is has been preparing to use in combat. Exercise lowers stress levels leading to a more relaxed state. Mediation and relaxation techniques can oppose the fight-or-flight response. Relaxation and meditation assist in slowing the breathing down, relaxing muscles and re-focusing your thoughts.

A growling dog or an intruder in your home would be a trigger to stimulate the fight-or-flight response. This response is a natural response to the stimuli. Your body has perceived a threat and now your brain is preparing your body to respond to the threat.

How to manage the fight-or-flight response

Does the fight-or-flight response always mean danger?

What can trigger the fight-or-flight response?

Sweating