Fight or Flight System

Threat System (Fight or Flight)

The 'fight or flight' response gets the body ready to fight or run away. Once a threat is detected your body responds automatically. All of the changes happen for good reasons, but may be experienced as uncomfortable when they happen in 'safe' situations.

Thoughts racing
helps us to evaluate threat quickly and make rapid decisions, can be hard to focus on anything but the feeling of danger

Changes to vision
tunnel vision, or vision becoming 'sharper'

Dry mouth

Heart beats faster
feeds more blood to the muscles and enhances ability to fight or run away

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

Muscles tense
ready to fight or run away they may also shake or tremble

Dizzy or lightheaded

Breathing becomes quicker and shallower
to take in more oxygen and make our body more able to fight or run away

Adrenal glands release adrenaline
adrenaline signals other organs to get ready

Bladder urgency
muscles in the bladder relax in response to stress

Palms become sweaty
the body sweats to keep cool, this makes it a more efficient machine