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.

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

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

Adrenal glands release adrenaline adrenaline signals other organs to get ready.

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

Bladder urgency muscles in the bladder relax in response to stress.

Dry mouth the body sweats to keep cool, this makes it a more efficient machine.

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

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

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