

FIGHT, FLIGHT FREEZE RESPONSE

This is your body's natural response to a situation it feels could potentially put you in danger. It is a way of alerting you to do something to save yourself (usually run away, fight or stay still until danger has passed), a bit like a smoke alarm will go off to warn you of a fire. Your body makes changes in order to protect you and to get the energy to where it needs to be in your body so you can be quick or strong. This is a normal, natural reaction.

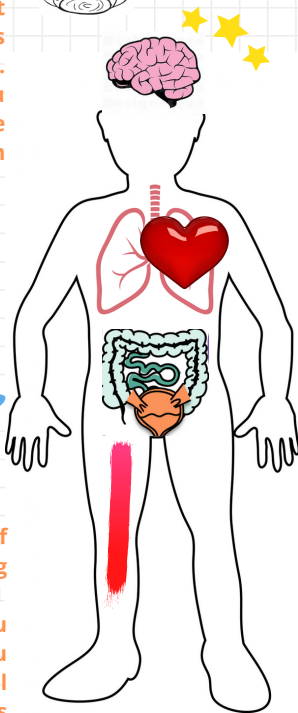
At this moment, your digestive system isn't a priority so its almost shut down. This can makes you lose your appetite and your mouth can feel dry.



As blood leaves your stomach to go power up muscles, it can give you a feeling of butterflies. This might happen elsewhere in your body too; trembling is just your blood moving around.



Your body gets hot because of all of your systems speeding up. You start to sweat to cool and this even makes you slippy which could help you escape! Your hands can feel clammy or cold as blood is going to other body parts.



Your brain sends messages and blood to important parts of the body. Your heart is beating quickly, sending oxygen around the body to give extra power to your muscles. Adrenaline is released into the body to help everything speed up. Sometimes this can all make you feel a bit dizzy and can make it hard to think clearly!

Your heart beats faster, pumping oxygen to important muscles to help you run away or fight danger. Breathing gets faster.



Your bladder isn't a vital body part in keeping safe so your bladder muscles relax and you might feel like you need the toilet.

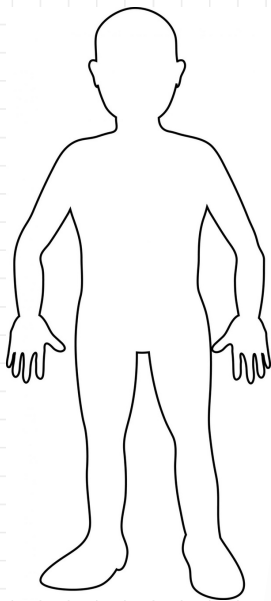


YOUR RESPONSE

The fight, flight, or freeze response helps to protect us from possible danger. It is important to remember that we are all different and will respond to threats in different ways. Use this page to think about how you respond when you feel anxious or worried about something.

You might react to a threat in a different way to your friends or family.

Draw, colour or label the different things your body does when you feel worried or threatened.



Sometimes breathing techniques can help when we feel like this. Try the leaf breathing technique.

What could you do to help with some of these feelings and reactions?

