

Fight, Flight, Freeze

Visible Effects

- Pupils dilate
- Dry mouth
- Tense neck and shoulder muscles
- Heart pumps faster
- Palpitations
- Sweating
- Breathing fast and shallow
- Hyperventilation
- Oxygen needed for muscles.

Hidden Effects

- Brain gets body ready for action
- Adrenalin released
- Blood pressure rises
- Liver releases glucose to provide energy for muscles
- Cortisol released to depress the immune system
- Digestion slows or ceases.

