

WHEN WE'RE IN DANGER, OUR BODY GOES INTO FIGHT/FLIGHT MODE TO STAY SAFE. SOMETIMES, OUR BRAINS GET STUCK IN THIS MODE, AND WE PREPARE FOR DANGER EVEN WHEN IT IS NOT THERE. WHEN YOUR BODY IS IN THIS MODE YOU MAY...

NOT BE ABLE TO THINK

You can only think about how to get out of danger or escape, it is really hard to concentrate on anything else

SEE EVERYTHING

Your eyesight will become more focused or sharper so you can see all the 'danger' and stay safe

HAVE A DRY MOUTH

Your mouth gets dry as it is part of your digestive system which shuts down to send energy to your muscles.

GET READY

Adrenaline is quickly released from your adrenal glands so your body knows to get ready to protect itself.

FEEL COLD

All the blood in your hands is being sent to your major muscle groups so your hands may get cold.

NEED THE TOILET

You might find you need the toilet, sometimes the muscles that hold your wee in relax when you are in danger

FEEL DIZZY

All the extra oxygen our lungs take in to get us ready to fight or run makes us dizzy if we don't use it.

FEEL YOUR HEART RACE

Blood is pumped into your muscles to make it quicker for you to run or fight, this will make your heart beat faster

BREATHE FASTER

The more oxygen you have the faster you can run away so you'll start breathing faster for a quick escape

HAVE BUTTERFLIES

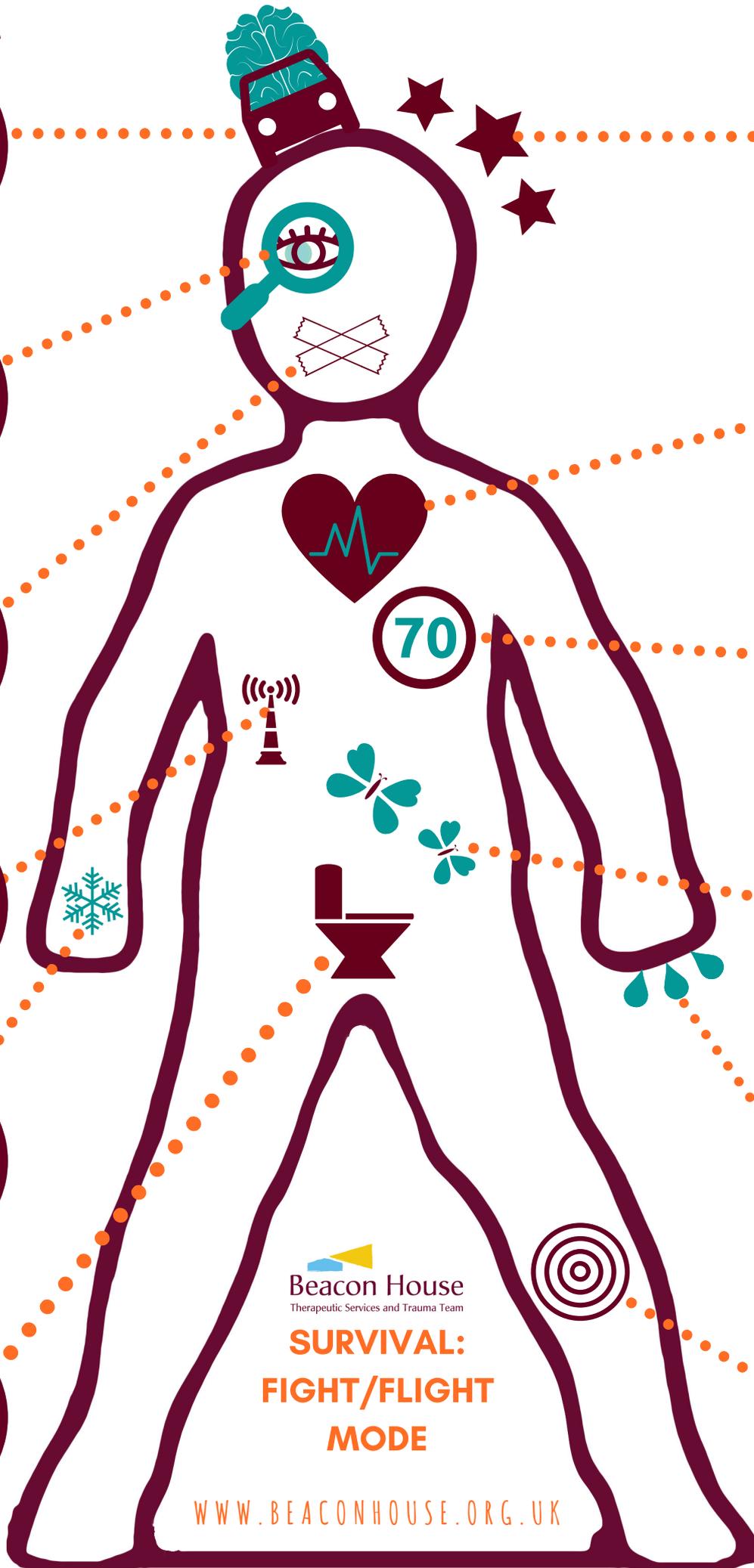
All the blood in your stomach is rushing to fuel your muscles which can make it feel like butterflies in your tummy

START SWEATING

Your body can protect itself better if it is cool so you will sweat to make your body work faster

TENSE YOUR MUSCLES

To get ready to run or fight, your muscles will tense - they may even shake if you're still so you're ready to go



Beacon House
Therapeutic Services and Trauma Team

**SURVIVAL:
FIGHT/FLIGHT
MODE**

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