

UNDERSTANDING THE STRESS RESPONSE

THE BRAIN AND DANGER

Your brain constantly scans for danger.

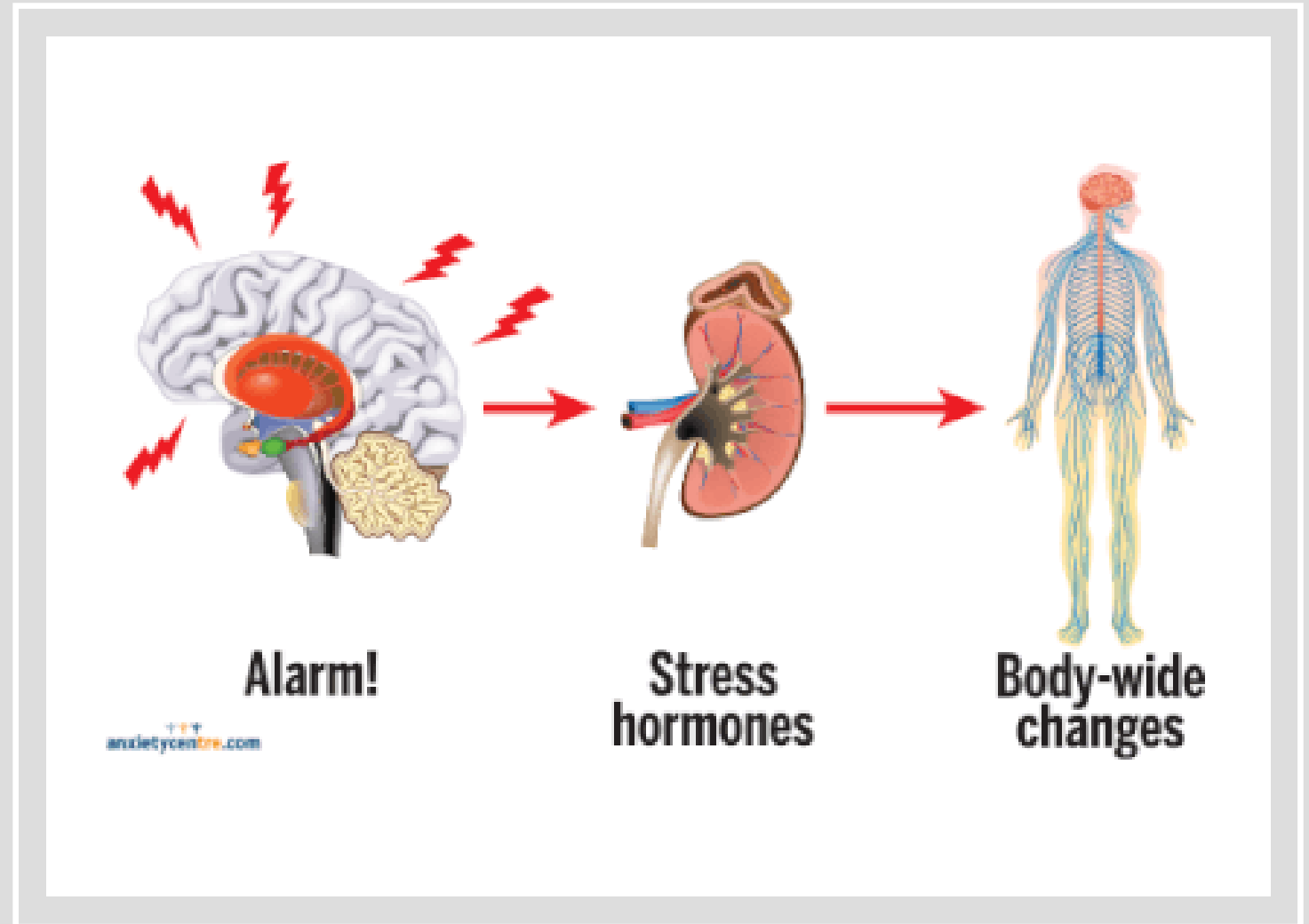
When a threat is detected, the brain reacts instantly.

The body prepares to survive.



THE NERVOUS SYSTEM RESPONSE

- The brain sends signals through the nervous system.
- Stress hormones such as adrenaline are released.
- The body prepares for action.



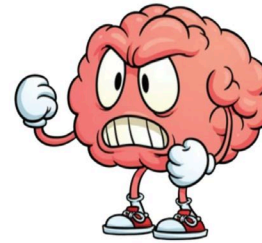
FLIGHT, FRIGHT, OR FREEZE

Fight: confront the threat.

Flight: escape the danger.

Freeze: stay still to avoid
detection.

Fight



flight



FREEZE





WHAT HAPPENS IN THE BODY



Heart rate increases.



Breathing becomes faster.



Muscles tighten.



Digestion slows down.



DISCUSSION: THE BODY IN SURVIVAL SITUATIONS

What types of situations might cause the brain to detect danger?

Why might the body react before we have time to think?

When might freezing be safer than fighting or running away?

How might these responses help someone survive?