



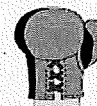
Flight–Fight Response

When we see something scary or think frightening thoughts, our bodies prepare us to take some form of action.

This can either be to run away




(**flight**) or to stay and defend





yourself (**fight**).


To do this the body produces chemicals (adrenalin and cortisol).

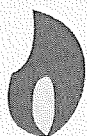
These chemicals make the heart  beat faster so that blood can be pumped around the body to the muscles.

The muscles need oxygen and so we start to breathe  faster in order to provide the muscles with the fuel they need.

This helps us become very alert and able  to focus on the threat.

Blood gets  diverted away from those parts of the body that aren't being used (tummy) and from the vessels running around the outside of the body.

Other bodily functions shut down. We don't need to eat at times like this and so you may notice the mouth  becoming dry and it being difficult to swallow.



The body is now working very hard. It starts to become hot.



In order to cool down the body starts to sweat and pushes the blood vessels to the surface of the body, resulting in some people becoming flushed or red in the face. Sometimes the body may take in too much oxygen, resulting in people feeling faint, light headed, or as if they have wobbly or jelly legs.

Muscles that continue to be prepared for  action (tensed) start to ache and people may notice headaches and stiffness.

Fortunately there aren't any dinosaurs anymore, but we still end up feeling stressed. The dinosaurs have become our worries.

So what are your dinosaurs??