

FIGHT OR FLIGHT RESPONSE

Your brain's built-in alarm system keeps you safe!



FIGHT

Stand your ground and protect yourself.

- Heart rate increases
- Muscles tense
- Energy surges
- Focus sharpens



FLIGHT

Move away from danger to stay safe.

- Heart rate increases
- Breathing quickens
- Legs power up
- Focus narrows



1. PERCEIVE THREAT

Amygdala detects danger and sends the alarm.



2. ALARM ACTIVATED

Signals go to the body to prepare for action.

3. ALL CLEAR

When the danger passes, your body relaxes and returns to calm.



♥ Strong. Smart. Safe. Your brain and body working together to protect you. ♥