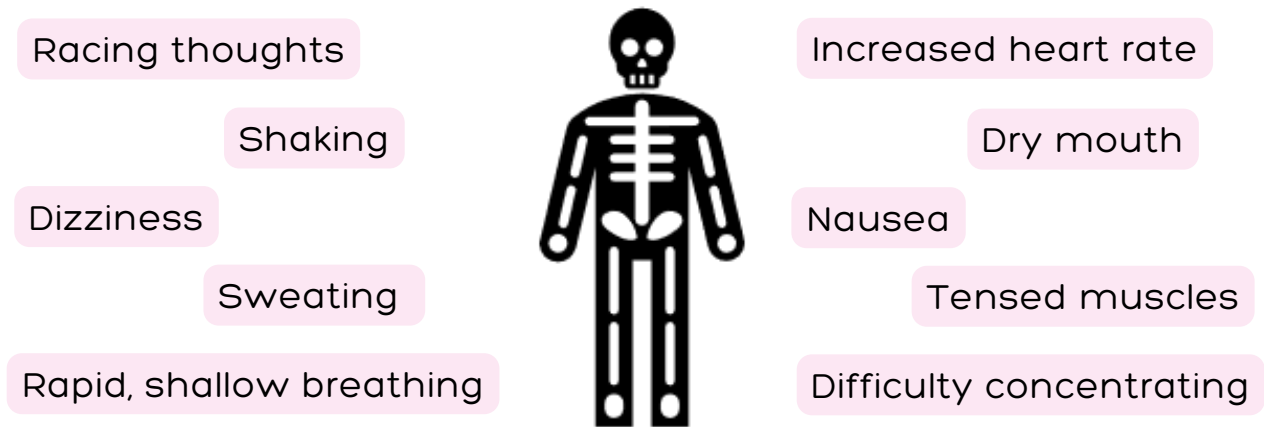


# FIGHT OR FLIGHT

The fight-or-flight response is a physiological reaction produced by your body when encountered with a perceived threat. When you are faced with an event or situation that makes you feel threatened your fight-or-flight response will be triggered to prepare your body to either fight or take flight and flee.



## What can trigger the fight-or-flight response?

A growling dog or an intruder in your home would be a trigger to stimulate the fight-or-flight response. This response is a natural response to the stimuli. Your body has perceived a threat and now your brain is preparing your body to respond to the threat.

## Does the fight-or-flight response always mean danger?

The fight-or-flight response can be triggered by other stimuli that does not always mean we are in imminent danger. A student's fight-or-flight response may be triggered when giving a presentation or taking an exam. In these situations, the response appears to be of no help to the student. For many people living with a mental health condition, the fight-or-flight response can be triggered for no apparent reason. This is an unhealthy response that needs to be addressed and managed.

## How to manage the fight-or-flight response?

Exercise gives your body the burst of energy it has been preparing to use in combat. Exercise lowers stress levels leading to a more relaxed state. Meditation and relaxation techniques can oppose the fight-or-flight response. Relaxation and meditation assist in slowing the breathing down, relaxing muscles and re-focusing your thoughts.