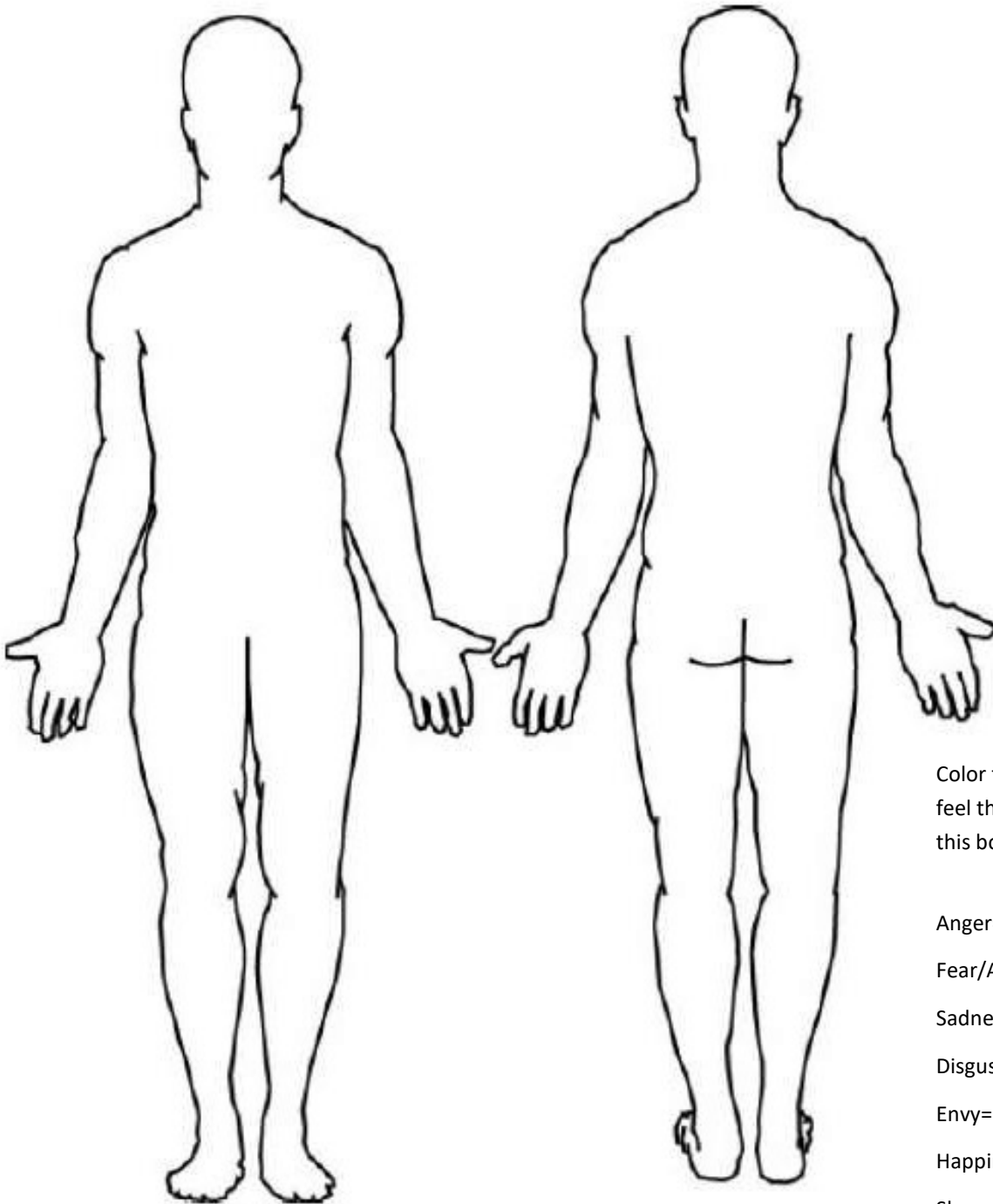


BODY MAP

MIND/BODY CONNECTION



Color the emotions where you feel them in your body using this body map

Anger=Red

Fear/Anxiety=Yellow

Sadness=Blue

Disgust=Green

Envy=Purple

Happiness=Orange

Shame=Brown

Guilt=Gray

Love=Pink

Fight Or Flight Response

When faced with a life-threatening danger it often makes sense to run away or, if that is not possible, to fight. The *fight or flight response* is an *automatic survival mechanism* which prepares the body to take these actions. All of the body sensations produced are happening for good reasons – to prepare your body to run away or fight – but may be experienced as uncomfortable when you do not know why they are happening.

Thoughts racing

Quicker thinking helps us to evaluate danger and make rapid decisions. It can be very difficult to concentrate on anything apart from the danger (or escape routes) when the fight or flight response is active

If we don't exercise (e.g. run away or fight) to use up the extra oxygen then we can quickly start to feel dizzy or lightheaded

Dizzy or lightheaded

Changes to vision

Vision can become acute so that more attention can be paid to danger. You might notice 'tunnel vision', or vision becoming 'sharper'

Breathing becomes quicker and shallower

Quicker breathing takes in more oxygen to power the muscles. This makes the body more able to fight or run away

Dry mouth

The mouth is part of the digestive system. Digestion shuts down during dangerous situations as energy is diverted towards the muscles

Adrenal glands release adrenaline

The adrenaline quickly signals other parts of the body to get ready to respond to danger

Heart beats faster

A faster heart beat feeds more blood to the muscles and enhances your ability to run away or fight

Bladder urgency

Muscles in the bladder sometimes relax in response to extreme stress

Nausea and 'butterflies' in the stomach

Blood is diverted away from the digestive system which can lead to feelings of nausea or 'butterflies'

Palms become sweaty

When in danger the body sweats to keep cool. A cool machine is an efficient machine, so sweating makes the body more likely to survive a dangerous event

Hands get cold

Blood vessels in the skin contract to force blood towards major muscle groups

Muscles tense

Muscles all over the body tense in order to get you ready to run away or fight. Muscles may also shake or tremble, particularly if you stay still, as a way of staying 'ready for action'