

Transcript of Jo Stublely on Fight or Flight

It's all very much part of what the sympathetic nervous system so again that's part of the autonomic nervous system does It gets the body ready by essentially knowing that fight/flight means your muscles have to be prepared so it gets you to breathe faster, so your respiratory rate is quicker so you're taking in more oxygen, so the muscles have got that.

Your heart starts pumping harder, so, you know, you can often feel that in your chest and that, again, is getting more blood flow to the muscles It diverts blood away from areas that we don't need so from the gut, and that means that often you get that kind of butterfly feeling. It tenses your muscles often focuses the visual field so that what you are seeing is what you need to see So it's all getting ready for action