

Fight or Flight Response



Response

Cortical Activation

Increased Respiration Rate

Increased Heart Rate

Increased Blood Pressure

Increased perspiration

Liver releases Sugar

Peripheral vasoconstriction

Digestion ceases

Muscle Tension

Effect of Response

Increase Mental Alertness

Oxygen

Blood to muscle/brain

Blood to muscle/brain

Cooling

Energy

Blood to Muscle

Allows others to function

Vigorous action