

Physical Reaction: The mind becomes focused and preoccupied with the thought 'what is the danger and how can I get to safety'.

Symptom: Panic, preoccupation.

Physical Reaction: The brain sends a biochemical message to the pituitary gland, which releases a hormone which triggers the adrenal gland to release adrenalin.

Symptom: Headaches, dizziness.

Physical Reaction: Pupils dilate.

Symptom: Blurred vision.

Physical Reaction: Mouth becomes dry.

Symptom: Difficulty swallowing.

Physical Reaction: Neck and shoulder muscles tense – large skeletal muscles contract ready for action.

Symptom: Aching neck, backache, headache.

Physical Reaction: Breathing becomes faster and shallower, supplying more oxygen to muscles.

Symptoms: Overbreathing, chest pains, tingling, palpitations, asthma.

Physical Reaction: Heart pumps faster and blood pressure rises.

Symptoms: High blood pressure.

Physical Reaction: Liver releases stored sugar to provide fuel for quick energy.

Symptoms: Excess sugar in blood, indigestion.

Physical Reaction: Adrenalin and noradrenalin are released.

Physical Reaction: Digestion slows down or ceases as blood is diverted away from the stomach.

Symptoms: Nausea, indigestion, ulcers.

Physical Reaction: Muscles at opening of anus and bladder are relaxed.

Symptoms: Frequent urination, diarrhoea.

Physical Reaction: The body cools itself by perspiring: blood vessels and capillaries move close to skin surface.

Symptoms: Excess sweating, blushing.

