

# THE STRESS RESPONSE

'Thinking brain' less efficient, to allow quicker automatic responses to perceived threats

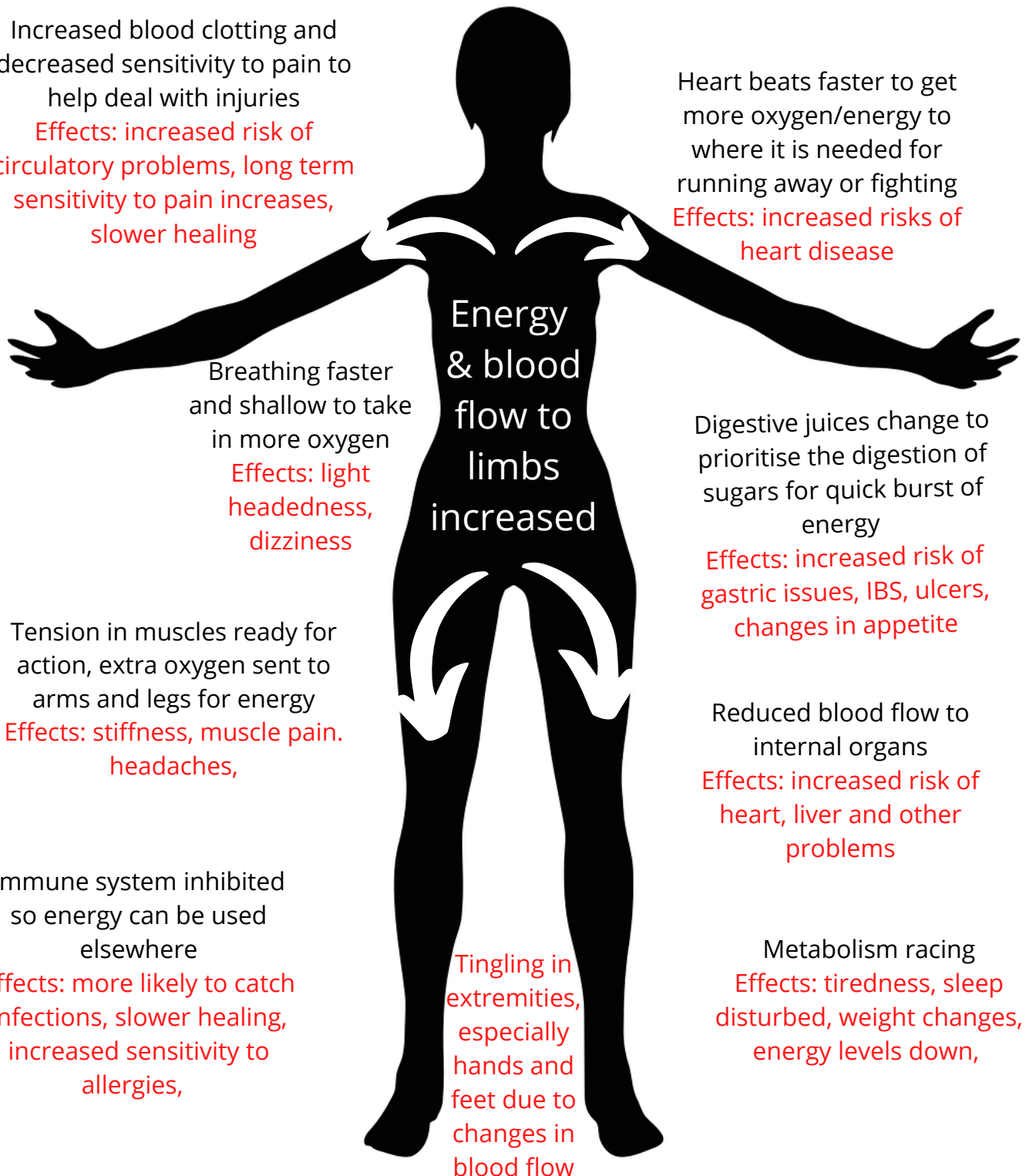
Effects: anxiety, depression, panic, irritability anger  
racing thoughts, confusion, sense of detachment  
memory problems, limited language skills, planning ability reduced,  
decision making difficult, self esteem and confidence reduced

Increased blood clotting and decreased sensitivity to pain to help deal with injuries

Effects: increased risk of circulatory problems, long term sensitivity to pain increases, slower healing

Heart beats faster to get more oxygen/energy to where it is needed for running away or fighting

Effects: increased risks of heart disease



Breathing faster and shallow to take in more oxygen  
Effects: light headedness, dizziness

Digestive juices change to prioritise the digestion of sugars for quick burst of energy

Effects: increased risk of gastric issues, IBS, ulcers, changes in appetite

Tension in muscles ready for action, extra oxygen sent to arms and legs for energy

Effects: stiffness, muscle pain, headaches,

Reduced blood flow to internal organs

Effects: increased risk of heart, liver and other problems

Immune system inhibited so energy can be used elsewhere

Effects: more likely to catch infections, slower healing, increased sensitivity to allergies,

Tingling in extremities, especially hands and feet due to changes in blood flow

Metabolism racing  
Effects: tiredness, sleep disturbed, weight changes, energy levels down,