ALARMING ADRENALINE!

The body’s alarm system

When the brain perceives a threat, it activates the body’s “fight or flight” alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).

**Brain hijacked**

Thoughts race which makes it hard to think clearly & rationally. Feelings of being “unreal” or detached.

**Eyes widen**

Allows more light in – improves (or blurs) vision.

**Head dizzy**

or light-headed. Result of our faster breathing.

**Breathe fast & shallow.**

Helps us take in more oxygen, which is then transported around the blood system. Sometimes experience a choking feeling.

**Body heats & sweats**

A side effect of all the speeded up systems is that the body rapidly heats. Sweating allows the body to cool again, and to become more slippery to allow escape.

**Stomach churns**

Adrenaline reduces blood flow and relaxes muscles in stomach and intestines (blood diverted to limb muscles) causing nausea, butterflies or churning.

**Heart beats faster**

& palpitations. Blood pressure and pulse increase as the heart pumps more blood to muscles, allowing us to run away or attack.

**Mouth dries**

Caused by narrowing of the blood vessels.

**Hands tingle - legs tremble** or “Jelly legs”.

Blood is diverted to large muscles, and small blood vessels constrict, causing tingling, trembling or numbness.

**Muscles tense**

Blood, containing vital oxygen and glucose energy, is sent to the big muscles of the arms and legs – ready for fight or escape. Can also cause aches & pains.

**Bladder relaxes**

Inner sphincter muscle relaxes so we might feel urge to pass urine. Outer sphincter remains under conscious control (except in rare terror situations).

After the adrenaline has died down, we can feel exhausted, shaky and weak.