

# LEARN ABOUT YOUR STRESS RESPONSE

THIS POSTER IS BEST SUITED FOR YOUNG PEOPLE OVER 12 YEARS OF AGE

## A STRESS RESPONSE IS HOW WE REACT TO A THREAT

### EXAMPLES OF A THREAT INCLUDE:

- A BULLY
- BEING SHOUTED AT
- BEING TOLD OFF
- BEING TOLD SOMETHING WE DON'T WANT TO HEAR
- BEING INTIMIDATED
- FALLING OUT WITH FRIENDS
- BEING ATTACKED
- BEING AROUND PEOPLE WHO ARE FIGHTING

**STRESS RESPONSES CAN BE BROKEN DOWN INTO 4 CATEGORIES- FIGHT- FLIGHT- FAWN- FREEZE**

A STRESS RESPONSE IS A NATURAL RESPONSE OUR BODY DOES WHEN THREATENED. BUT IF WE ARE EXPOSED TO TOO MANY STRESSORS- WE CAN GET STUCK IN OUR STRESS RESPONSE WHICH CAN CAUSE ISSUES SUCH AS TIREDNESS, DIGESTIVE ISSUES, HEADACHES, ISSUES IN RELATIONSHIPS AND ISSUES MANAGING LIFE'S STRESSORS.

### **FIGHT RESPONSE:**

THE FIGHT RESPONSE IS A MORE 'ANGRY' OR 'REACTIVE' RESPONSE TO A THREAT. THIS IS YOU IF YOUR IMMEDIATE RESPONSE IS TO FIGHT OFF A THREAT OR LASH OUT AT THE THREAT

#### **THIS MIGHT INCLUDE:**

- STANDING UP TO THE THREAT
- LASHING OUT, HITTING, KICKING, SHOUTING
- FEELING TENSION ALL OVER THE BODY, CLENCHING YOUR FISTS OR JAW
- CRYING OR SCREAMING
- FEELING BREATHLESS AND EMOTIONAL
- MAKE THE SITUATION WORSE BY TAUNTING OR AGGRAVATING THE PERSON/THREAT, SAYING THINGS LIKE "YOU ARE PATHETIC LOOK AT YOU"
- BEING A MORE REACTIVE PERSON



### **FLIGHT RESPONSE:**

THIS RESPONSE IS YOU IF YOU OFTEN RUN AWAY FROM THE THREAT TO GO SOMEWHERE YOU FEEL SAFE OR YOU MAY FEEL YOU WANT TO ESCAPE THE SITUATION

#### **YOU MIGHT:**

- NOT FEEL RELAXED OR ABLE TO STAY STILL OR WANT TO GET UP AND LEAVE
- BE FIDGETY
- AVOIDING CONFLICT BY LEAVING
- ALWAYS BE ON THE LOOK OUT FOR AN ESCAPE ROUTE
- RUNNING WITHOUT WORRYING ABOUT YOUR SAFETY, YOU JUST WANT TO GET OUT OF THERE



### **FREEZE RESPONSE**

THIS RESPONSE TYPICALLY MAKES YOU FEEL UNABLE TO MOVE, ACT OR RESPOND TO THE THREAT/ STRESSOR

#### **WHEN SOMETHING STRESSES YOU OUT YOU MIGHT:**

- BE WITHDRAWN AND QUIET
- HOLD YOUR BREATH AND FEEL TENSE
- DISCONNECT FROM YOUR BODY WHEN YOU FEEL THREATENED OR STRESSED
- FEEL STIFF, COLD, NUMB TO YOUR FEELINGS
- HAVE A SENSE OF FEELING EMPTY
- FEEL UNABLE TO MOVE WHEN THREATENED
- PREFER TO ISOLATE



### **FAWN RESPONSE:**

THIS RESPONSE IS WHEN YOU TRY TO PLEASE OTHERS TO STOP THE THREAT, THIS MEANS YOU TYPICALLY TRY PLEASE PEOPLE TO AVOID TRIGGERING ANYTHING STRESSFUL OR THREATENING

#### **IF THIS IS YOU, YOU MIGHT:**

- BE OVERLY AGREEABLE AND ALWAYS 'GO WITH THE FLOW'
- ALWAYS BE EAGER TO PLEASE OR HELP PEOPLE
- STRUGGLE TO SAY NO
- BEG/PLEAD FOR THE THREAT TO STOP
- BE OVERLY CARING AND CONSIDERATE TO PEOPLE
- AVOID SPEAKING UP



**HAVE YOU FIGURED OUT WHICH STRESS RESPONSE IS YOUR GO TO REACTION WHEN YOU FEEL THREATENED?**

