

The Brain's Emergency Response System

Fight



WHEN FIGHT RESPONSE
IS ACTIVATED...

Our brain tells our body to
engage with the threat.

THE GOAL IS TO:

Defend ourselves and
ensure self-preservation
at any cost.

Flight



WHEN FLIGHT RESPONSE
IS ACTIVATED...

Our brain tells our
body to leave!

THE GOAL IS TO:

Avoid or escape
the threat.

Freeze



WHEN FREEZE RESPONSE
IS ACTIVATED...

Our brain tells our
body to shut down.

THE GOAL IS TO:

Weigh options or wait
out the threat.