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.