

FIGHT-OR-FLIGHT RESPONSE

The fight-or-flight response (also known as acute stress response), refers to an automatic physiological reaction that occurs when you are in the presence of something that is threatening or dangerous. This response is triggered by the release of hormones that prepare your body to either stay and deal with the threat (fight), or run away to safety (flight). The body sensations may be uncomfortable if you do not know why they are happening.

