



EQUIPPED

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IN PROGRESS

LESSON PROGRESS

80% COMPLETE

EFFECTS OF STRESS ON THE BODY

Another way stress can affect your body is the Fight/Flight/Freeze reaction.

The Fight Flight Freeze Response



FIGHT/FLIGHT/FREEZE

When your brain perceives a threat, your body releases a burst of hormones to fuel your fight/flight/freeze response. How you act when facing a stressful situation falls into these 3 categories:

Fight: When you deal with a stressful situation head-on

Flight: When you feel panicked and leave the situation

Freeze: When stress takes over and you can't react at all

Example: You are faced with a stressful situation at work. A project has been added to your to-do list and you are overwhelmed about how you will get it done in time.

Fight: The stress motivates you to act and you begin working on the project immediately.

Flight: You are overwhelmed by the new project so instead you decide to work on another less important task.

Freeze: The stress causes you to panic and not know where to start. You stare at a blank word document.

Example: You are invited to a party. You don't think you will know many people there and you find social situations with new people stressful.