

REFLEX

A **reflex**, or **reflex action**, is an involuntary and nearly instantaneous movement in response to a **stimulus**. A reflex is made possible by **neural pathways** called **reflex arcs** which can act on an impulse before that impulse reaches the brain. The reflex is then an automatic response to a stimulus that does not receive or need conscious thought. A reflex, or reflex action, is an involuntary and nearly instantaneous movement in response to a stimulus. A reflex is made possible by neural pathways called reflex arcs which can act on an impulse before that impulse reaches the brain. The reflex is then an automatic response to a stimulus that does not receive or need conscious thought.