IF you were absent for the “*Fight or Flight” lesson.* Please read over and complete the following pages. When you are finished, please hand in for a grade

“Fight or Flight” Response

* Blood sugar level increases
* Bronchial tubes dilate and breathing rate increases
* Heart rate and blood pressure increase
* Digestion of food slows down
* Blood flow increases to muscles and decreases to the extremities
* Pupils enlarge
* Hearing becomes more acute
* Goose bumps
* Endorphins released
* Blood clots quicker

Long-Term Effects of Stress

Physical Conditions

* Muscle tension or spasm
* Backaches, neckaches, headaches
* Indigestion, leading to stomach ulcers and colitis
* Skin irritations
* Asthma, bronchitis, difficulty breathing or other repertory conditions
* Tiredness, insomnia, excess sleeping
* High blood pressure, leading to stroke or heart attack
* Increased chance of harmful blood clots
* Cessation of menstrual cycle
* Adult onset diabetes

Draw a line to match the Fight or Flight response to the chronic symptoms of stress

* Blood sugar ^ Back/neck/headaches
* Bronchial dilate ^BP 🡪stroke/heart attack
* HR and BP increase Asthma, bronchitis
* Digestion increase harmful blood clots
* Blood flow increase Tired/insomnia/^sleeping
* Pupils enlarge Adult onset diabetes
* Hearing increases stomach ulcers and colitis
* Goose bumps Muscle spasm
* Endorphins released Skin irritations
* Blood clots quicker

Imagine you are home alone and you hear a noise outside you window. It is dark, and there have been recent robberies in your neighborhood. Please answer the following:

1. How would you physically feel?
2. What would you be thinking?

Complete the following:

Stressor Positive Response Negative Response

Too much school work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Losing your wallet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Disagreeing with parents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_