

Stress Responses



Stress can stimulate our brain into “flipping our lid” which is when we...

- disconnect from our “thinking brain”
- which then activates our amygdala...
- which triggers off the fear response of fight, flight or freeze

This triggered stress is a subconscious reaction beyond our control. We may find ourselves reacting and presenting ourselves as being defensive, aggressive, avoidant or shut down. This may be more apparent in children because children's brains are still developing, and their behaviour tend to be more reactive than adults.

We've included examples of what these fight, flight or freeze response behaviours and feelings can look like, for you and your children.

When we start to notice such behaviours, remember that restoration of safety would be key to help ourselves and our children move out of "fight or flight".

A state of heightened alert can lead to a fight, flight or freeze response

Fight

- Yelling
- Blaming
- Throwing
- Hitting
- Demanding

Freeze

- Hiding
- Zoned out
- Day dreaming
- Unable to complete work
- Unresponsive

Flight

- Running away
- Fidgeting
- Avoiding
- Procrastinating
- Distracted

When you or your child are in a state of fight, flight or freeze, consider how you can soothe yourself or your child back into a sense of calm and safety.

more in our next post