

# Fight, Flight, Freeze or Fawn

May 2023 Newsletter

5/1/2023

[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## **Fight, Flight, Freeze or Fawn**

Have you ever been in a highly dangerous situation or had a sudden shock? Your heart beats louder and faster as adrenaline rushes through your body and your senses switch to high alert. Physiologist Walter Cannon first used the term “fight or flight” to describe this instant survival reflex action that automatically triggers when we face threatening circumstances.

Inherited from our ancestors,

perceived danger. An extreme example of this can be seen if someone has a phobia or experiences a panic attack.

**Fight** means we face any threat with aggression.

**Flight** makes us run away.

**Freeze** causes us to shutdown

**Fawn** means we try to immediately please and appease.

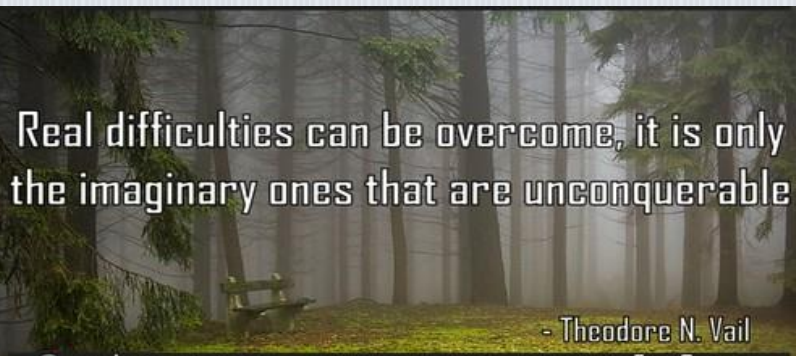
**This month the theme is all about how we are predisposed to respond to danger in order to survive. Many people experience the symptoms associated with the “fight or flight” response in dealing with their daily life situations and this can lead to exhaustion and burnout.**

**If high levels of stress continue for a prolonged period it can cause health issues like migraines, high blood pressure and digestive problems.**

**Learning to manage stress is key to our overall health and wellbeing. Remember that stress is often caused by our thoughts and not the real situation.**

Call Marie on 050 1087592

[marie@mariewellnessclinic.com](mailto:marie@mariewellnessclinic.com)



this unconscious automatic response has contributed to our survival as a species.

Further research into the fight or flight response has expanded the definition to include freeze and fawn. Because the reflex action occurs instantly, before we can analyze the situation - faster than we can think - it can sometimes be an inappropriate response to a

If you feel unable to relax or are continually stressed, worried or nervous. Here are 3 strategies that may help:

**Ask yourself if you are in real danger?**

**Breathe slowly, allow your body to calm down.**

**Try to visualize yourself in a calm space.**