

SOME SURVIVAL RESPONSES



When threat is detected, most turn to social engagement, but if the danger remains or we are not able to seek comfort and safety around us, we move to the next level, fight or flight and prepare to mobilise. But if ineffective, the final survival state is freeze or collapse.

SOCIAL ENGAGEMENT

FEELS CALM
HEART RATE SLOWS
BREATHS DEEPEN
DIGESTION RESUMES AND BODY
RESTORES

- WE CONNECT TO OTHERS, OURSELVES AND THE WORLD AROUND US.
- WE ENGAGE WITH OTHERS, SEEKING SUPPORT AND COMFORT
- WE ACKNOWLEDGE OUR DISTRESS AND CONSIDER OPTIONS.
- WE REGULATE (SELF REGULATE AND CO REGULATE)
- WE RESTORE AND HEAL

FIGHT OR FLIGHT

COGNITION SHUTS DOWN
HEART RATE INCREASES
ADRENALINE AND CORTISOL
RELEASED
BLOOD POOLS INTO THE MAIN
MUSCLE GROUPS TO MOBILISE THE
BODY

- WE MOBILISE TO SURVIVE
- WE FIGHT THE THREAT OR RUN AWAY FROM IT
- WE ARE ALARMED, ANXIOUS AND HYPERVIGILANT TO DANGER CUES.

FREEZE OR COLLAPSE

ZONE OUT AND DISSOCIATE
HEART RATE DROPS
SHALLOW BREATHING
DIGESTIVE PROBLEMS- GUT STOPS
WORKING OR EMPTIES

- SHUT DOWN AND DISCONNECT FROM SELF, OTHERS AND THE WORLD
- IMMOBILISE TO SAVE ENERGY
- FEEL NUMB, LOST, ABANDONED AND INVISIBLE

SOME SURVIVAL RESPONSES

SOCIAL ENGAGEMENT

FEELS CONNECTED AND SAFE

QUESTIONS TO REFLECT ON-

- 1). WHAT THINGS DO YOU NOTICE? E.G WARM, HOT, TENSE, LIGHT ETC.
- 2). WHAT DO YOU DO?
- 3). HOW DO YOU FEEL?
- 4). HOW DO YOU SLEEP?

FIGHT OR FLIGHT

THE NEED TO RUN OR FIGHT BACK

QUESTIONS TO REFLECT ON-

- 1). WHAT HAPPENS TO YOUR BODY?
- 2). ARE THERE CHANGES TO YOUR APPETITE?
- 3). DO YOU USE ALCOHOL OR SUBSTANCES?
- 4). WHAT DO YOU THINK?

FREEZE OR COLLAPSE

CANT COPE SO COLLAPSE AND SHUT DOWN.

QUESTIONS TO REFLECT ON-

- 1). WHAT HAPPENS TO YOUR BODY?
- 2). WHAT THINGS DO YOU NOTICE?
- 3). HOW DO YOU FEEL?
- 4). HOW DO YOU SLEEP?