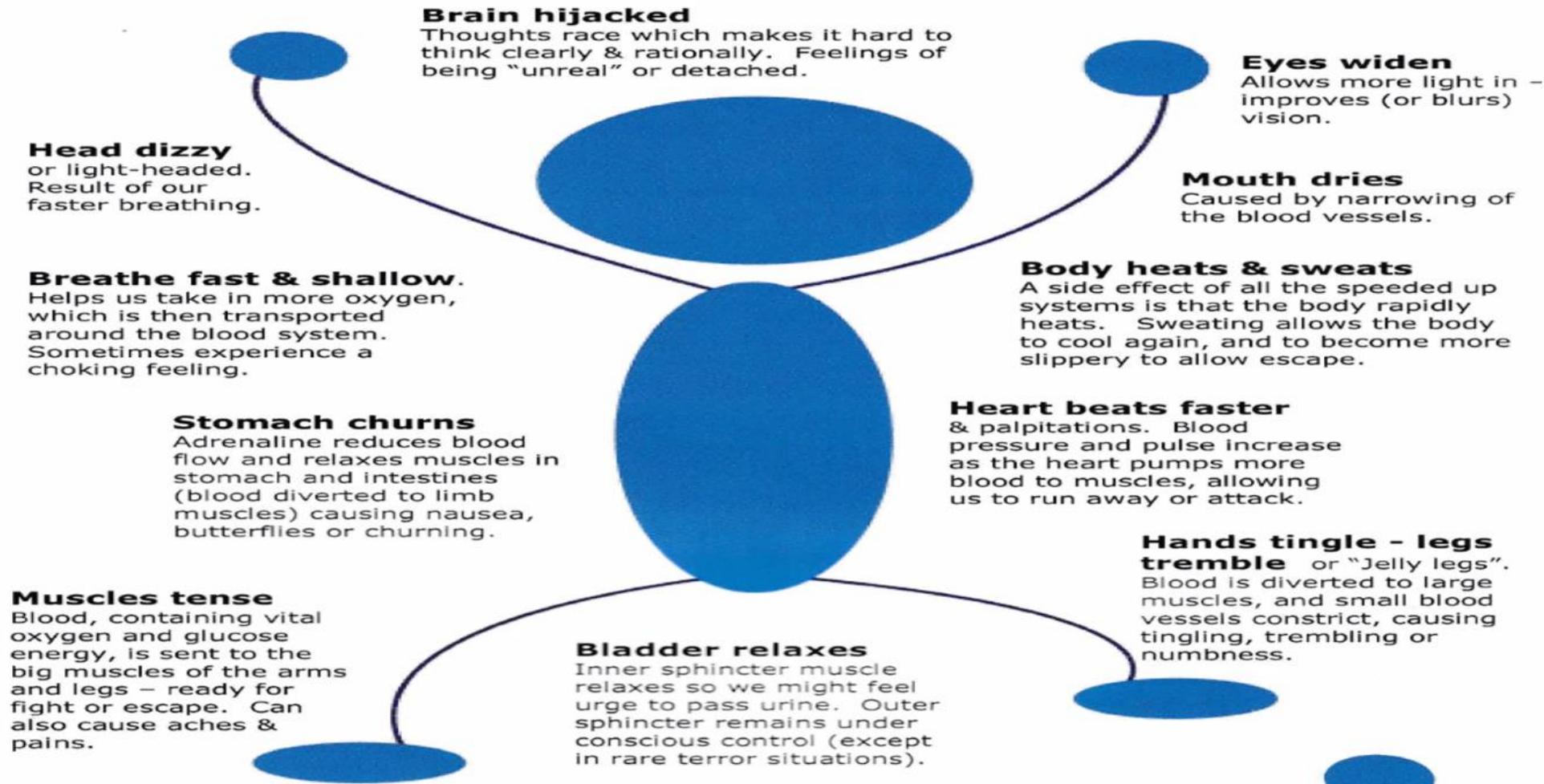


Mental Health Awareness: Anxiety

Feeling THE FIZZ Fight... Flight... Freeze...

When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack / fight (anger) or escape / flight / freeze (anxiety).



After the adrenaline has died down, we can feel exhausted, shaky and weak.

*Adrenaline speeds up the body when we feel angry or scared.
The body slows down when we feel sad.*

