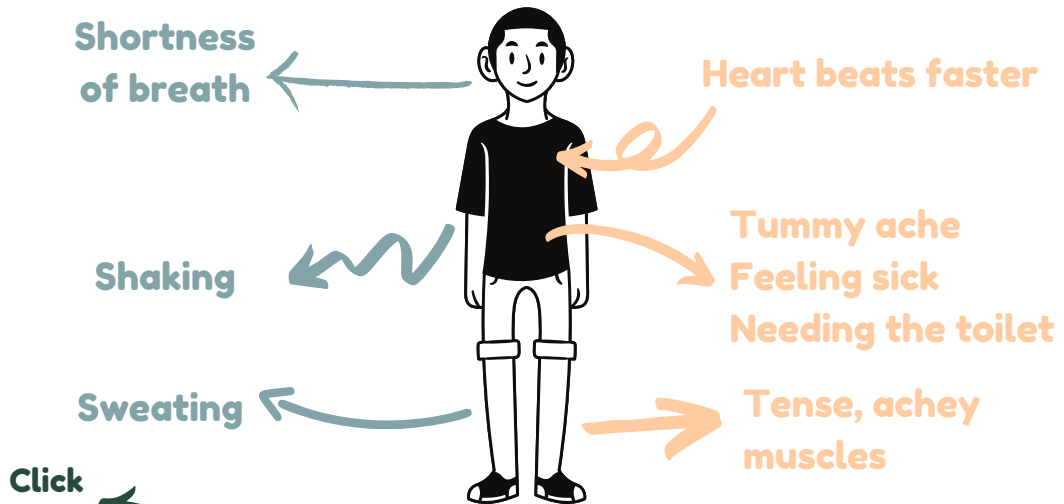


Mental Health Awareness Week - The Fight Flight Freeze Response

The Fight-Flight-Freeze response is the body's automatic, built-in system designed to protect us from threat or danger. Anxiety can also trigger this system into action when we believe there is threat or danger even if there is not.

Learn more about some of the common changes your body can make to protect you from danger below:



Click here!

Breathing and grounding techniques can be used to reduce the physical symptoms of anxiety

Challenge!
Try out a breathing technique



Click here to watch a video about the Fight, Flight, Freeze response!