

# HUMAN STRESS RESPONSE

## GENERAL ADAPTATION SYNDROME

### FIGHT OR FLIGHT

**Alarm-** alarm occurs when you think that you are facing a challenge. The body releases stress hormones, which activate the nerves and all systems.

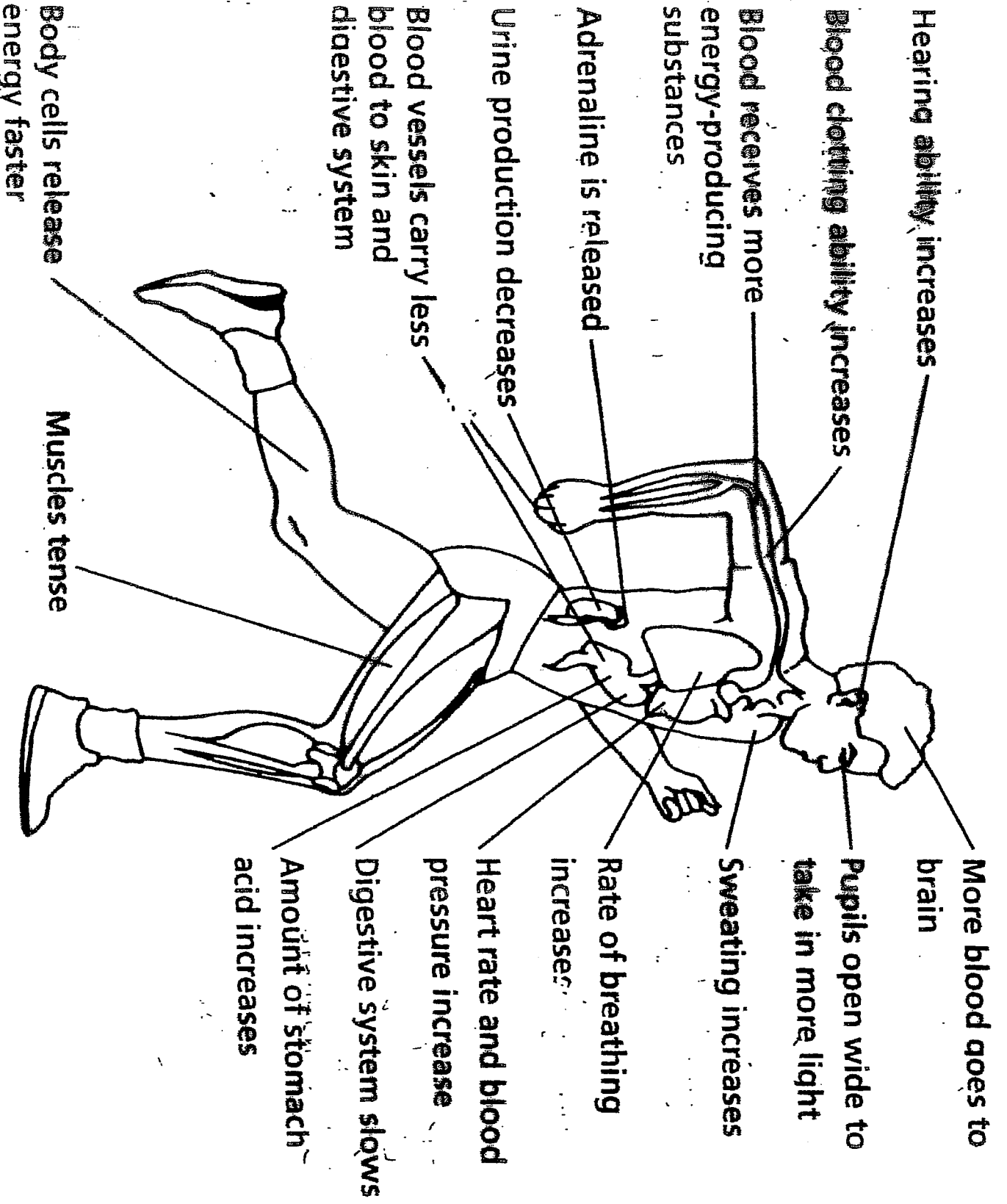
**More than 1400 physiochemical changes taking place**

**Resistance** is a state of speeding up functioning. The stress hormones continue to flow, causing muscles to contract and other body functions to shut down.

**Person can give the appearance of normalcy but the body's internal functioning is not normal.**

**Recovery**—recovery occurs when stress ceases to affect the body. Body functions return to normal

**Exhaustion** occurs when stress continues to affect you without a break and your body stays in overdrive for too long. Your resistance finally breaks down. Then recovery is delayed or becomes impossible.



**Fight or Flight Body Response**