

Fight or Flight

1. As anger rises the hypothalamus in the brain stimulates the pituitary glands

2. Pituitary glands release fight or flight hormones including adrenalin .

3. Hormones affect the cardio system

4. Heart races, blood pressure and body temp rise as lungs struggle to take on more oxygen

5. Sugar glucose is released into the blood providing extra energy.

6. Blood is diverted to limbs (fight or flight) and to the brain(think more rapidly).

7. If anger does not subside and hormones continue to surge, creates cumulative stress on body.

