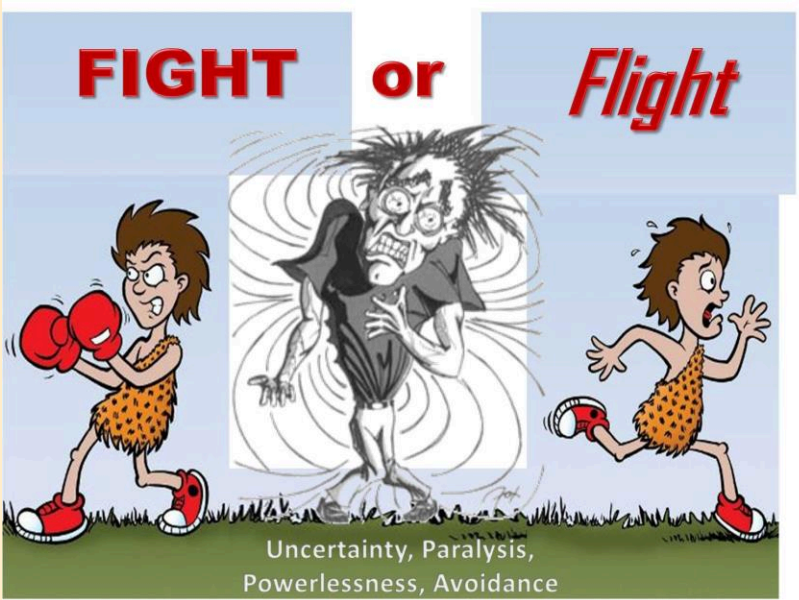


Fight – Flight - Freeze



When we are faced with something that makes us feel scared, our immediate thought is that we are in danger and we need to survive. Our body instinctively triggers a series of physical changes that lead us to either, fight, flight or freeze in the face of the danger. If we manage this successfully, the danger diminishes and our body returns to feeling calm.

Keep Moving

During this pandemic, we are faced with a lot of fears and uncertainty. Our bodies are naturally almost constantly in the Fight-Flight-Freeze response. In a lockdown, there are a lot of limits in going outside. This means, we have plenty of opportunities for Flight and Freeze, but limited options for Fight. Our bodies are full of energy. **We need to find ways to safely use it, so our bodies and minds can relax.**

Plan:

Get creative in our houses. This could involve:

- Search and follow PE, fitness lessons online
- Spend time tidying up your room?!
- Get involved with cooking or baking
- Start a DIY project
- What else could you do?

Always remember to be safe and look after yourself!

