

Automatic Stress Response In Humans

In our modern world, humans rarely encounter emergencies that require physical effort, but our pre-programmed biology still provides for them. When the mind signals the body that stress is being experienced this response is triggered even when physical action is unnecessary and inappropriate. This automatic response is commonly referred to as the "Fight or Flight Response."

Stress Response

Stress

- Psychosomatic Fight or Flight response is triggered
- Movement comes to a momentary halt
- Flexor muscles contract (especially in the abdominal region)
- Breathing comes to a momentary halt

Behavioral Alterations

- Angry
- Aggressive
- Argumentative
- Anxious
- Socially withdrawn
- Depressed
- Dependence on substances

Physical Alterations

- Heart rate accelerates
- Respiration rate increases
- Blood pressure increases
- Muscular tension increases
- Temperature rises
- Pupils dilate

Cumulative Effects of Stress

- Chronic suppression of the immune system
- Increased vulnerability to infection
- Chronic over-secretion of stress hormones
- Compromised brain function, especially memory
- Decrease in ability to absorb information or learn new skills
- Cumulative trauma disorders
- Repetitive strain injuries
- Chronic fatigue
- Decrease in overall productivity
- Increased absences

Under stress we all regress - how do YOU help your people stay ahead of the curve?