

# Stress Response

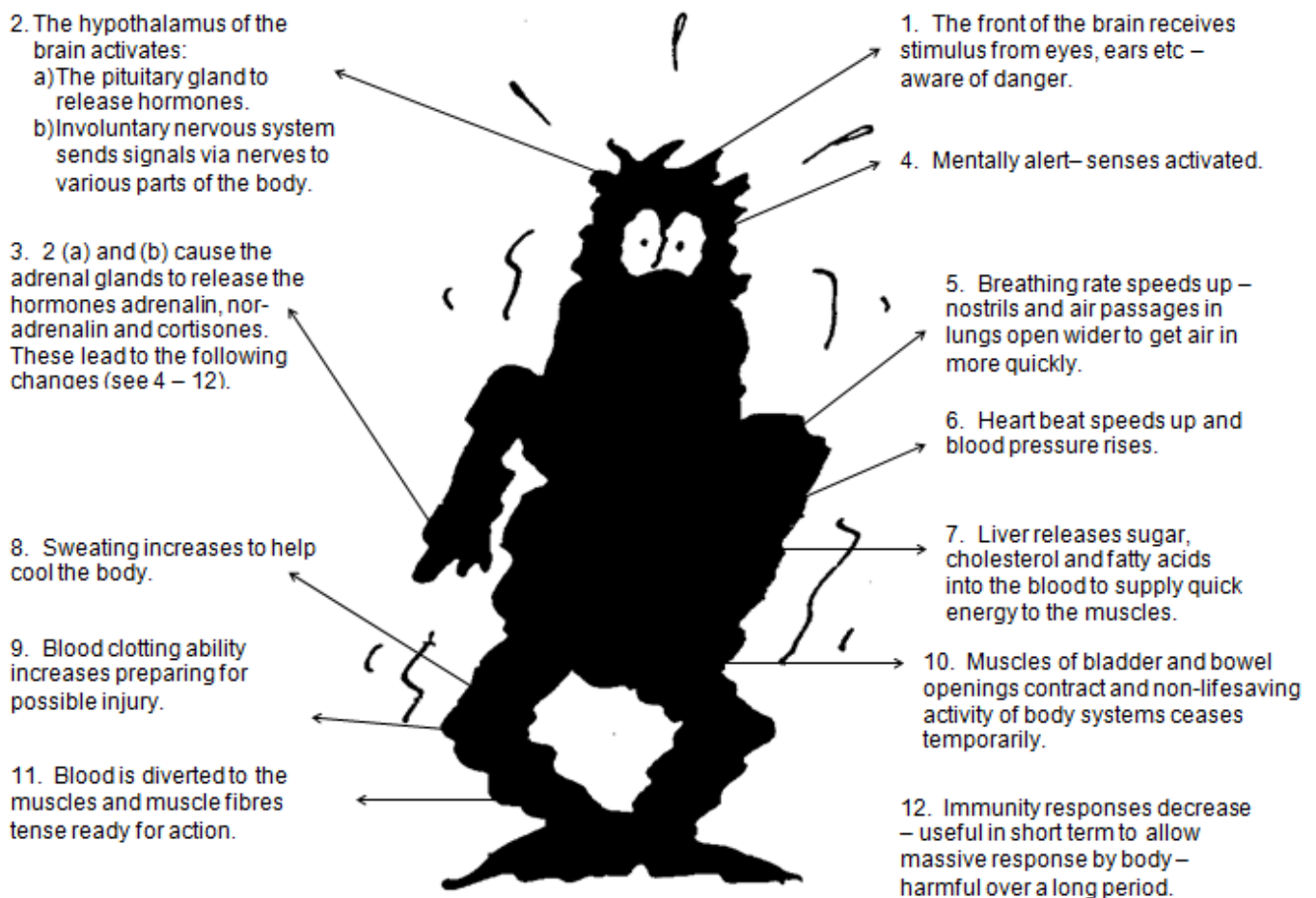
## The Fight or Flight Response

### What is Stress?

- When your demands outweigh your coping resources and you feel out of control.
- The body responds to a lack of balance between coping resources and demands by bringing about certain bodily changes.

The following diagram outlines these changes

### The Fight or Flight Response



- The “Fight or Flight’ response is easily recognised in a fear-provoking situation.
- Short term arousal like this can be life-saving.
- Long term arousal can be damaging to health.
- Long term depression and feeling of being unable to cope produce slightly different changes particularly in regard to hormones released, and it is thought this may have even greater potential to be health damaging.