

HOW THE NERVOUS SYSTEM RESPONDS TO TRAUMA

Adapted from *Ruth Lanius, MD, PhD*

How does your nervous system figure out how to respond in a crisis?
It's a split-second, unconscious process designed to choose the best option for keeping you safe.
Here's how it works:

IDENTIFY THE THREAT

CAN I
ESCAPE?

YES



FLEE

If we can quickly get far enough away from the threat, we might be able to escape and avoid interacting with it entirely.

NO

CAN I
OVERPOWER
IT?

YES



FIGHT

If we attack the threat before it attacks us, we might be able to weaken it and possibly keep it from attacking in the future.

NO

CAN I
MAKE IT LOSE
INTEREST?

YES



FREEZE

If our body closes up, becomes rigid, and won't move, we might be able to keep the threat from noticing or becoming interested in us.

NO

COLLAPSE

If our mind/brain disconnects from our body, like by dissociating, or in some cases by fainting, we might be able to avoid feeling as much of the pain.



In the face of threat, there isn't time to try every approach. In fact, your nervous system has to make these choices almost instantaneously. So while you may not understand the choice, or agree with it afterward, it's important to know that your body is taking care of you the best it knows how.

Mouse Reaktion S Animal

Guillaume Favre

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Mouse Reaktion S Animal:

Reviewing **Mouse Reaktion S Animal**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Mouse Reaktion S Animal**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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