

SCCR

Scottish Centre for
Conflict Resolution

cyrenians

Fight or Flight

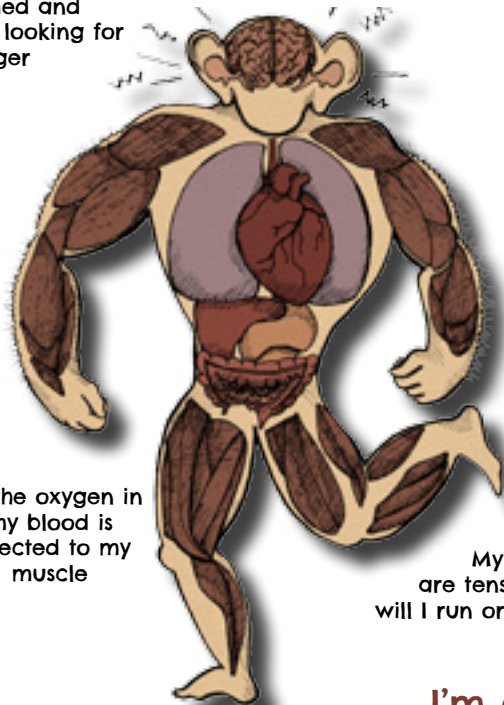


“All systems go...”

I feel afraid but I look enraged...

My senses are primed and only looking for danger

I'm breathing faster and my heart is thumping



All the oxygen in my blood is directed to my muscle

My muscles are tensing up - will I run or attack?!

I'm angry but I want to run away

Why do I feel this way? Find out at:
www.scottishconflictresolution.org.uk

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