

Calming the Fight-Flight-Freeze Response



Journal or talk to a good listener to sort out what put you into emergency alert in the first place. Name your emotions.

Fight mode: want action and have energy to spend

Antidote: Give your muscles something to do. Run, clean, pull weeds, dance to loud music, create art in a big way.



Flight mode: want to get away, need for distance

Antidote: Take a walk, have a dance party in your kitchen, do small tasks that help you feel you've gotten something done.

Freeze mode: craving safety and calm

Antidote: Take gentle care of yourself (warm blanket, tea, bath or shower). Reach out to nature. Do the five senses grounding activity.

Thank your emergency alert system for working to keep you safe. Realize that if there was something to be done in the moment that your response might be super helpful. This is what allows ordinary people to be heroes.

THANK
YOU



Notice when your emergency alert system is being deliberately triggered. So much of how news and marketing works is to trigger us. By noticing the deliberate triggers you may be able to avoid it or block its effects on you.

Learn more at
www.learnmodelteach.com