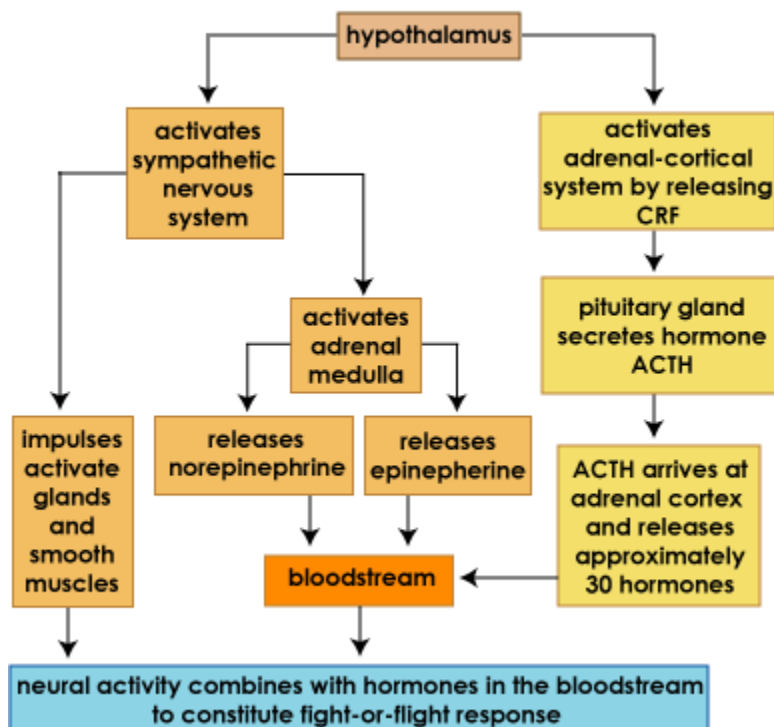


Stress Response

- heart rate and blood pressure increase
- pupils dilate to take in as much light as possible
- veins in skin constrict to send more blood to major muscle groups (responsible for the "chill" sometimes associated with fear -- less blood in the skin to keep it warm)
- blood-glucose level increases
- muscles tense up, energized by adrenaline and glucose (responsible for goose bumps -- when tiny muscles attached to each hair on surface of skin tense up, the hairs are forced upright, pulling skin with them)
- smooth muscle relaxes in order to allow more oxygen into the lungs
- nonessential systems (like digestion and immune system) shut down to allow more energy for emergency functions
- trouble focusing on small tasks (brain is directed to focus only on big picture in order to determine where threat is coming from)

Fight-or-flight Response



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