



## **ALARMING ADRENALINE!**



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# ALARMING ADRENALINE!

## The body's alarm system

When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).

### Head Dizzy

Or light-headed. Result of our faster breathing.

### Brain Hijacked

Thoughts race which makes it hard to think clearly and rationally. Feelings of being "unreal" or detached.

### Breathe fast and shallow

Helps us take in more oxygen, which is then transported around the blood system. Sometimes experience a choking feeling.

### Stomach churns

Adrenaline reduces blood flow and relaxes muscles in the stomach and intestines (blood diverted to limb muscles) causing nausea, butterflies and churning.



### Eyes Widen

Allows more light in – improves (or blurs) vision.

### Mouth dries

Caused by narrowing of the blood vessels.

### Heart beats faster

And palpitates. Blood pressure and pulse increases as the heart pumps more blood to muscles, allowing us to run away or attack.

### Hands tingle - legs tremble

Or "Jelly Legs". Blood is diverted to large muscles, and small blood vessels constrict, causing tingling, trembling or numbness.

### Bladder relaxes

Inner sphincter muscle relaxes so we might feel the urge to pass urine. Outer sphincter remains under conscious control (except in rare terror situations)