

What would you do if a bear started to chase you?



In a situation where a person is being chased by a bear, the "fight, flight, or freeze" response is a natural reaction to the perceived threat. "Fight" would involve actively defending oneself against the bear, "flight" would involve running away, and "freeze" would involve becoming immobile, possibly out of fear.



FIGHT

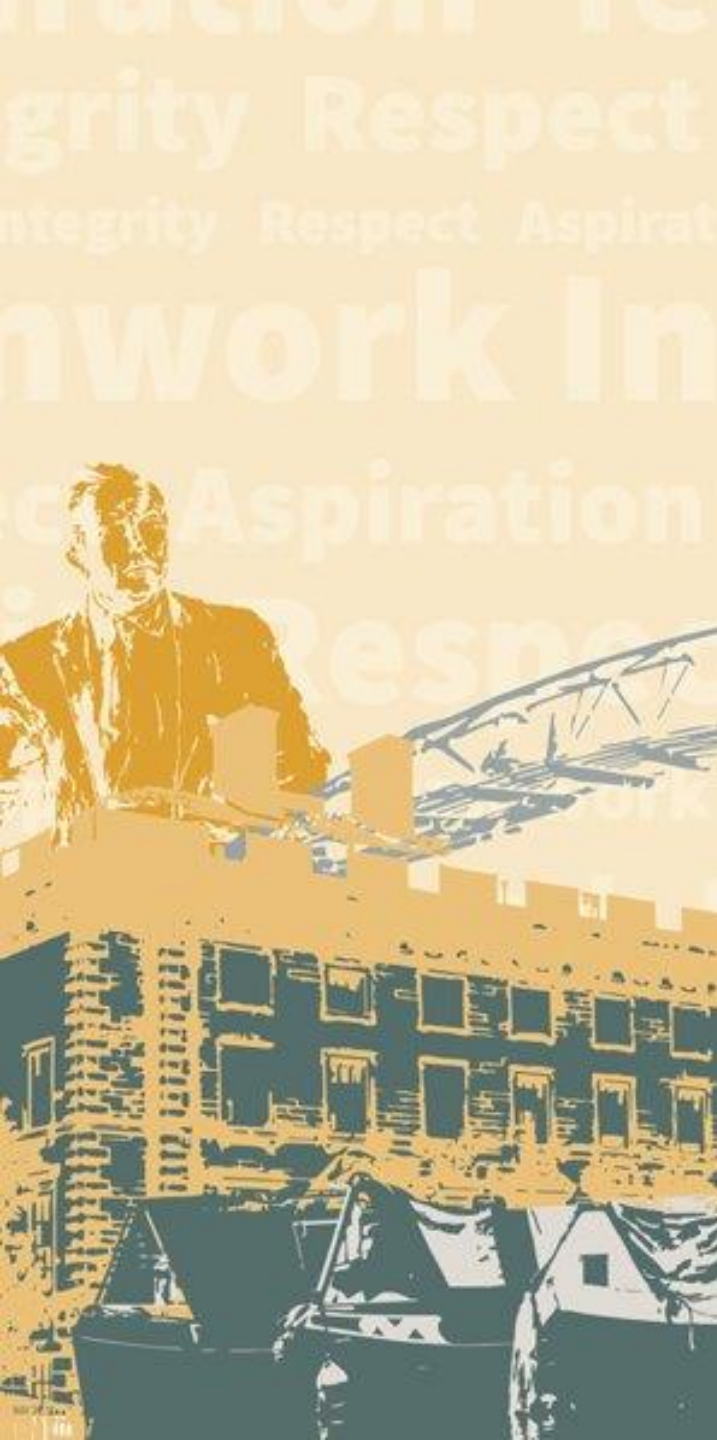


FLIGHT oohhala!



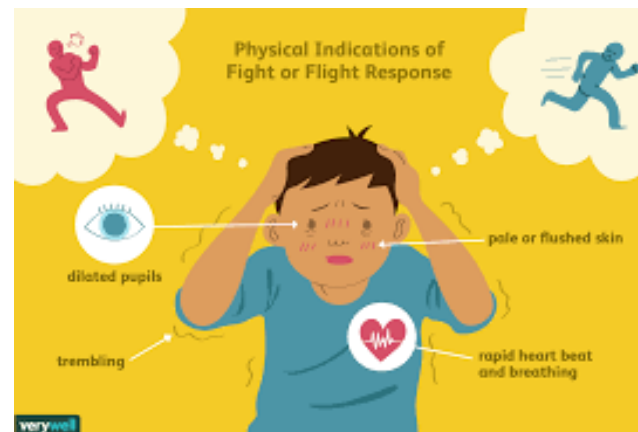
FREEZE





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The freeze response is a survival mechanism where the body and mind shut down in the face of perceived danger or threat, leading to a state of immobility and detachment. **It's characterised by feeling paralyzed, unable to speak or act,** and experiencing a sense of dissociation or disconnection. This response is often triggered by trauma or situations where individuals feel overwhelmed or trapped, unable to fight or flee.



When faced with a threat, the body activates the sympathetic nervous system, leading to a surge of hormones like adrenaline and cortisol that prepare the body to either fight the threat or flee. The **flight** response specifically focuses on escaping the danger, whether it's physically leaving the situation or emotionally distancing oneself. The **fight** literally means your behaviour will at once become aggressive.



WHAT 'FIGHT, FLIGHT OR FREEZE' LOOKS LIKE IN THE CLASSROOM

FIGHT

- Acting out
- Behaving aggressively
- Acting silly
- Exhibiting defiance
- Being hyperactive
- Arguing
- Screaming/yelling



FLIGHT

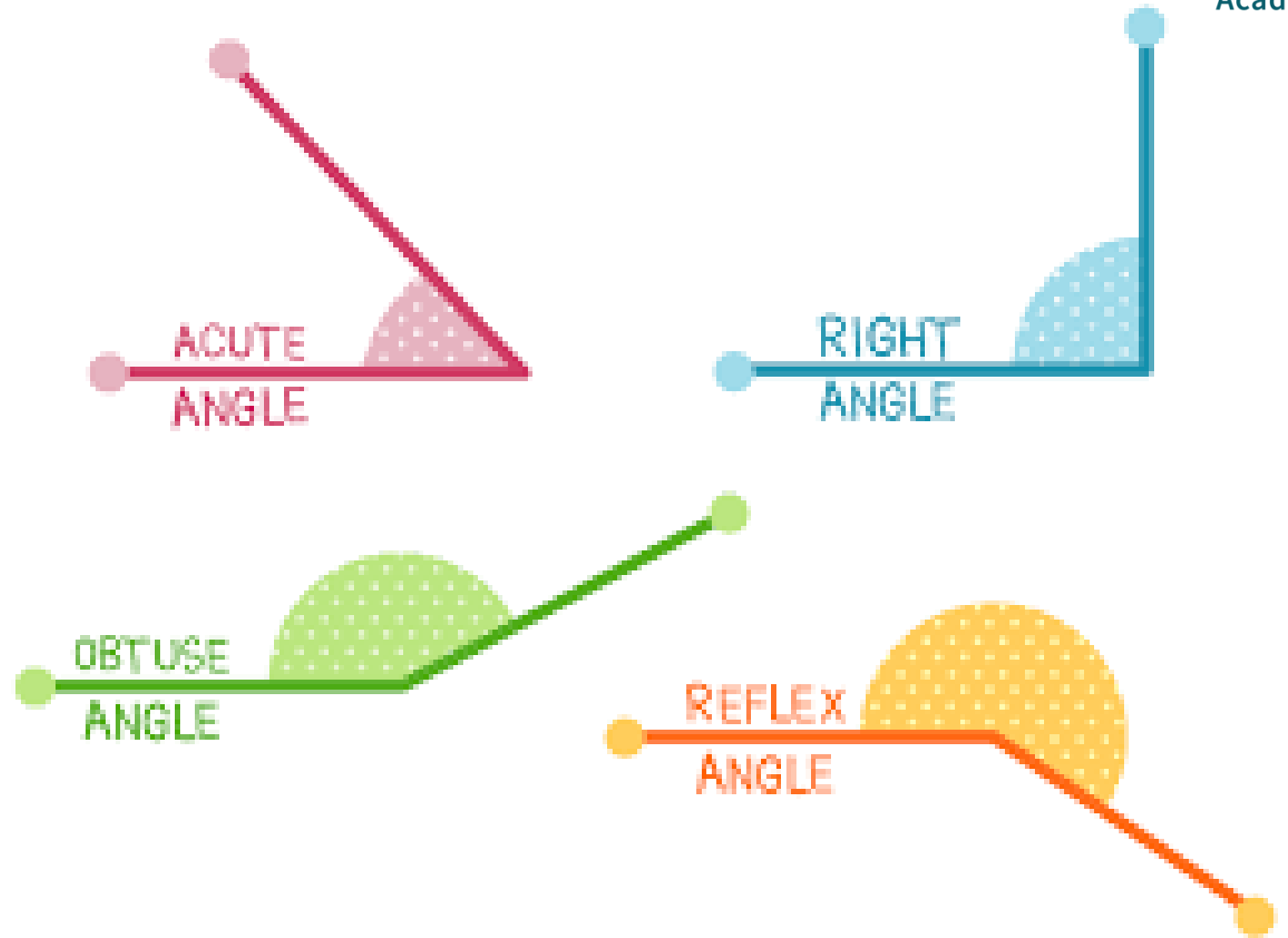
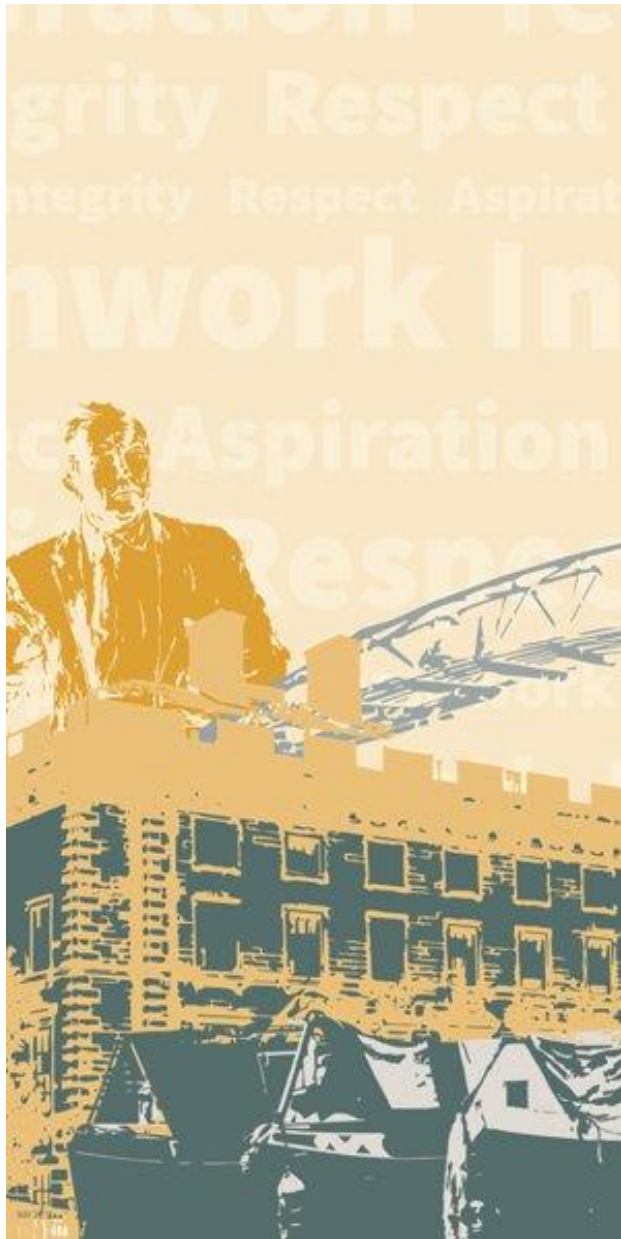
- Withdrawing
- Becoming disengaged
- Fleeing the classroom
- Skipping class
- Day dreaming
- Sleeping
- Avoiding others



FREEZE

- Exhibiting numbness
- Refusing to answer
- Feeling unable to move or act
- Refusing to get needs met
- Giving a blank look
- Sense of stiffness
- Feeling numb





Prof Steve Peters

CREATOR OF THE **GROUNDBREAKING** MIND MODEL

Unabridged
Read by
the author



The mind programme that helped me win my Olympic Gold!
Sir Chris Hoy

The
MIND MANAGEMENT
Programme for Confidence, Success and Happiness



[The Chimp Paradox](#)

What is a **paradox** and where can you link it to English Literature?

Paradox literary definition:

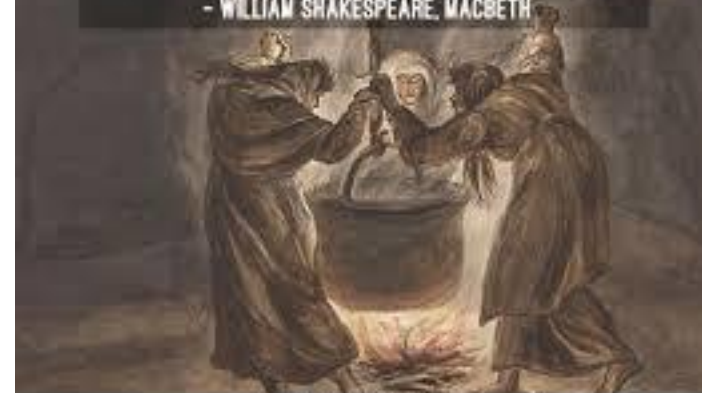
A PARADOX IS A SELF-CONTRADICTORY STATEMENT THAT HIGHLIGHTS TWO CONFLICTING IDEAS.



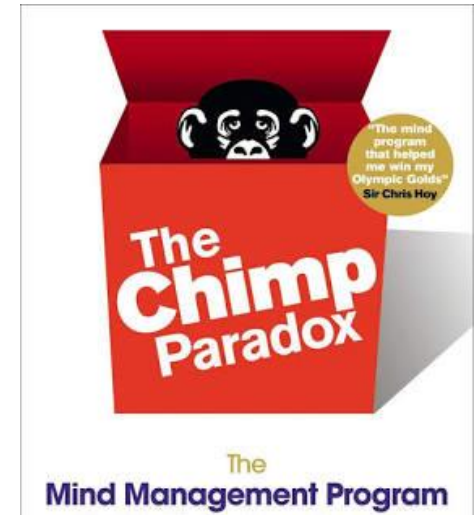
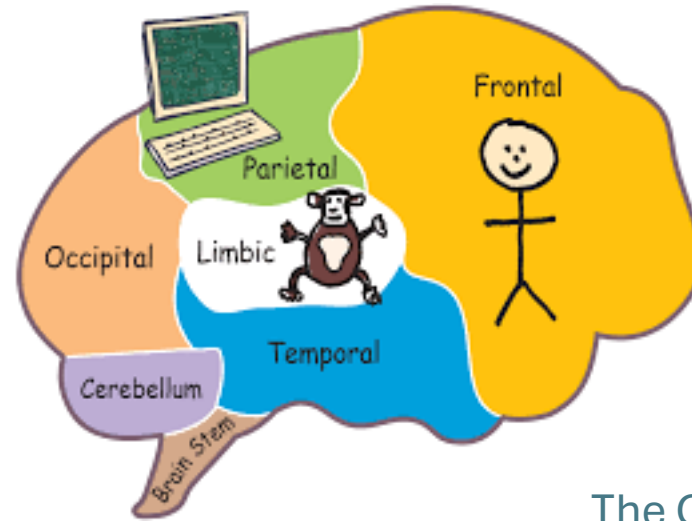
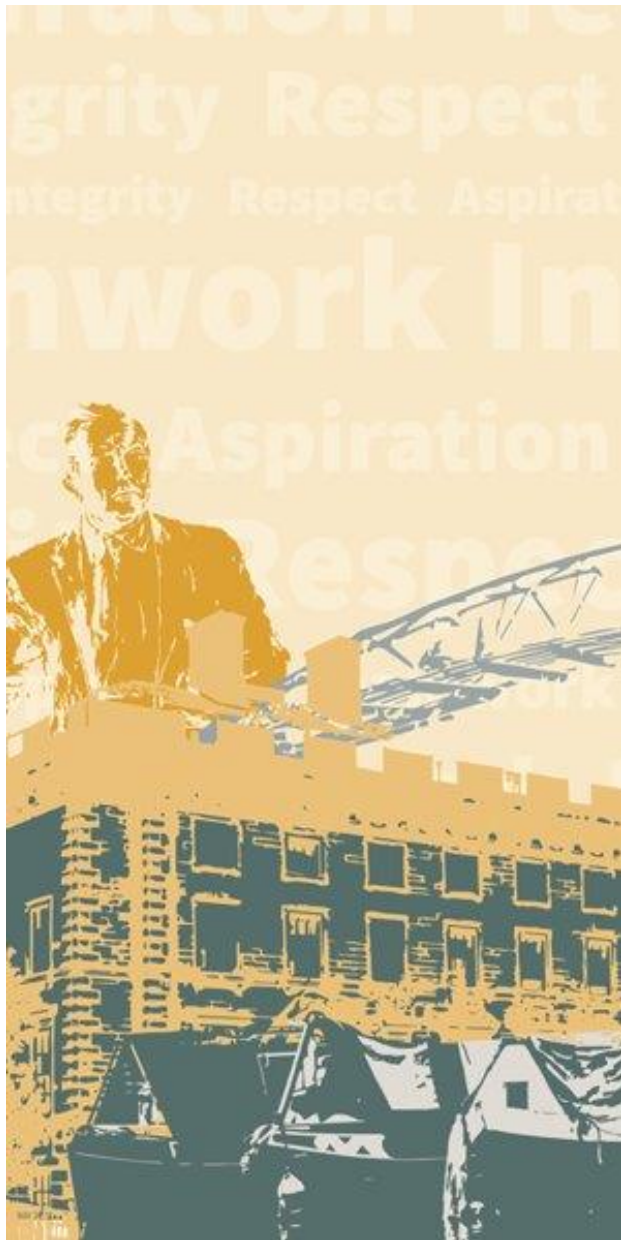
Scribophile

FAIR IS FOUL, AND FOUL IS FAIR

- WILLIAM SHAKESPEARE, MACBETH



AllGreatQuotes



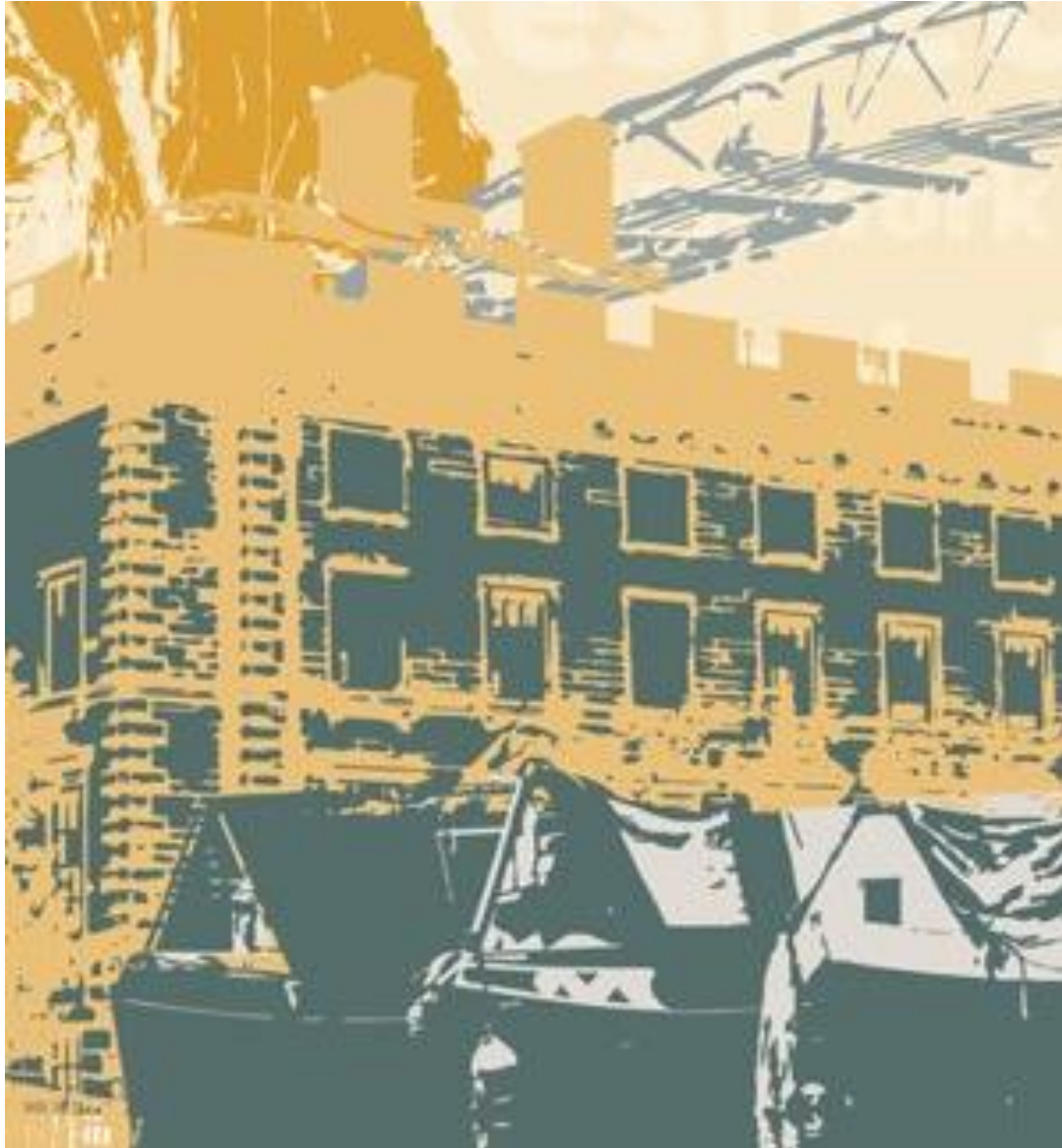
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The Chimp Paradox

Not acknowledging the alert stage



A danger of missing an alert → Stress!



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[The
Chimp](#)

[Dr Steve Peters](#)



Just in case you see a bear...

Make yourself appear large and imposing, and backing away slowly while facing the bear, if it is aware of you. If a bear attacks, **playing dead** (lying flat on your stomach, covering your head, and remaining still) is generally recommended for brown/grizzly bears, while black bears might be deterred by making noise, standing tall and fighting back.



The Bear Metaphor

1. Make yourself appear large and imposing and back away slowly when exam nerves start to rise. Face your fear, don't run and hide.
2. If your exam nerves attack, discuss what is scaring you, make a plan, speak to someone, exercise, do some meditation – then return to your revision.
3. If you feel strong - fight back. Separate your brain and emotions from the perceived threat. You can stop the fear, by taking action.

