

FIGHT - FLIGHT - FREEZE

KNOW YOUR REACTION
PICK YOUR RESPONSE

FIGHT

THE REACTION

- Blame
- Anger
- Frustration
- Beligerence



THE RESPONSE

- Breathe: 6 - 6 or 4 - 4
- Everyone is struggling
- This is a challenge but we will get through it
- People are doing their best

FLIGHT

THE REACTION

- Panic
- Fear
- Worry
- Anxiety



THE RESPONSE

- Breathe: 4 - 2 - 6
- This is not forever, just for now
- Focus on what you can control
- Do some exercise - walk (maintaining distance) in nature or exercise classes online

FREEZE

THE REACTION

- Dis-engage
- Quiet
- Withdraw



THE RESPONSE

- Breathe: 4 - 4
- Limit exposure to social media and news to once a day
- Book time to catch up with others online.
- Learn something new online