

Threat (Fight or Flight)

The 'fight or flight' response gets the body ready to fight or run away. Once a threat is detected your body responds automatically.

Heart beats faster

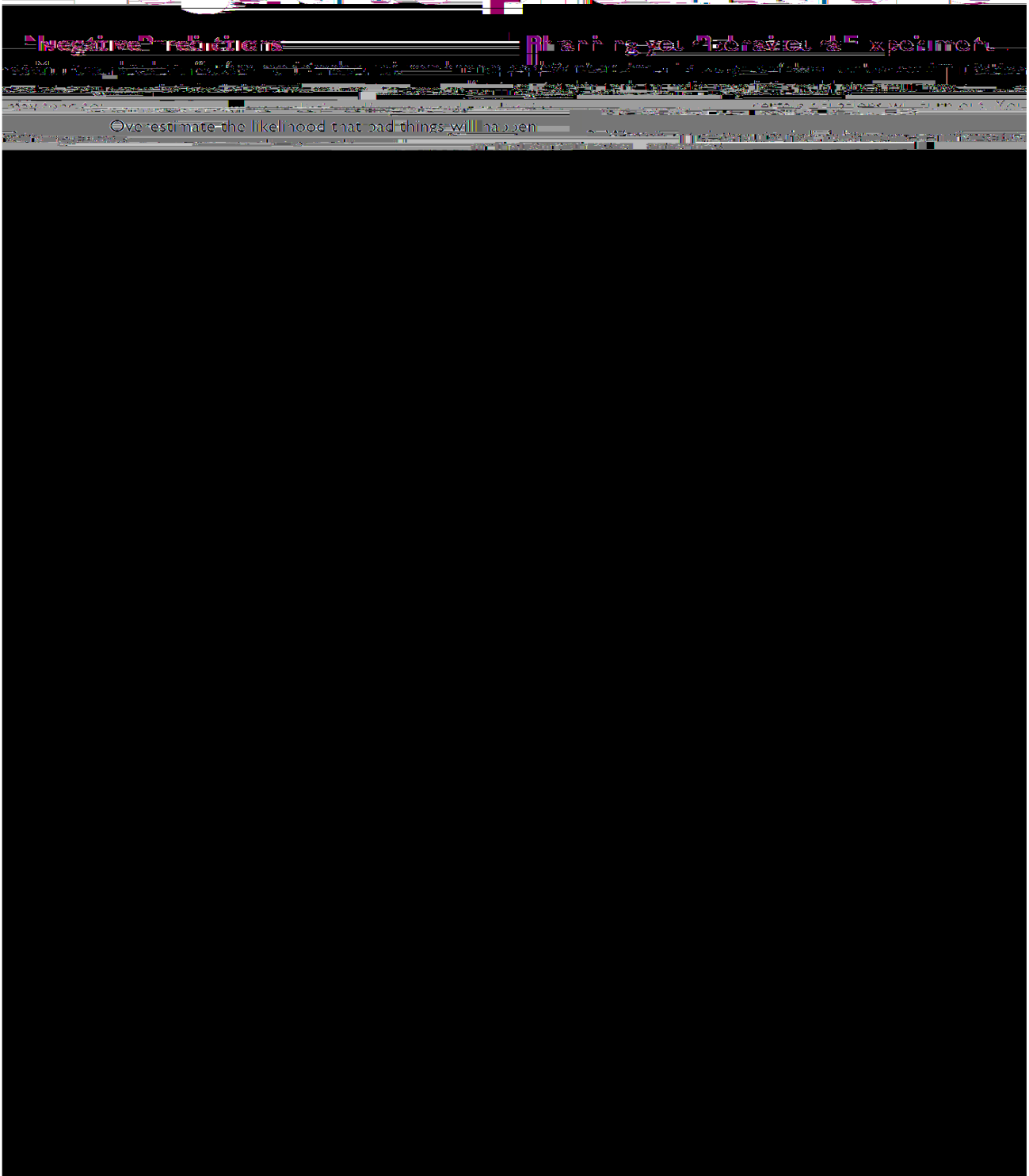
Muscles tense

Breathing becomes shallow and slower

Palms become



behavioural experiments



Please note workshop offerings are subject to change each semester. Please call CAPS at (303) 492-2277 for the most up to date information on CAPS' current offerings.

