

Activated when we want to exercise, physically exert ourselves, in times of emergency, rage, fear

and embarrassment.

- lasts milliseconds-30seconds

- lasts 30 seconds 2 hours

Continues reinforcing the bodily changes started at the alarm reaction.

- lasts hours-days-months

Allows the body to continue fighting the stressor long after the alarm and intermediate reactions. Provides energy changes to meet the crisis, perform strenuous tasks, or resist the threat of bleeding to death.



If not resolved: Thyroxine Axis & Vasopressin Axis