

The Body and Stress (Adapted from S. Schuster, *Classroom Connections*, Innerchoice Publishing, 1992)

When you feel stress or become frightened, your brain sends signals to your body to prepare you to fight or run away. This is sometimes called the “fight or flight” reaction. A hormone called adrenaline is released into your body. Then your body is affected in various ways. Your mouth gets dry. Your eyes dilate. Your breathing gets faster. Your muscles get tense. Your heart beats faster. Your stomach flutters (like butterflies). Your hands and feet get cold.

Use the body outline below to illustrate how the body is affected by stress.

