

Fight or Flight

The danger has arrived, you don't know what to do.

Body is in overdrive, the options seem few.

Mind it is spinning, round and round it goes.

Adrenaline and cortisol ramping up as it flows.

Trembling and shaking, the body can't stay still.

Run, stand or fight, which is your will?

Your muscles have turned solid, tensed and ready for the fight.

Pupils are dilated, your eyes like laser lights.

Your breath is shallow and rapid, your heart feels like it will burst.

The danger feels all around you, no matter where you turn it is worse.

The world feels like your spinning, round and round your body quakes.

You scan and search around the space, looking for escape.

Do you fight or do you flee, what is right for you?

Your system has taken over, what is it guiding you to do?

My choice is get to someplace safe, flight is my chosen way.

Fight has been an option in the past, but the impact of that tends to stay.

Safety is what your mind and body need to bring it back to base.

You think that the danger is still real, but that is not the case.

Your breath will slow, heart rate will ease. You'll know that you are safe.

Take your time, be kind to you. Re-find your happy place.

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