

COMBAT MINDSET

Effects of Physical and Mental Stresses

- **Body Alarm Reaction**
- **Fight or Flight Reflex**

PHYSICAL AND MENTAL RESPONSES

- **Increased heart and respiratory rate:**
 - Nausea.
- **Chemical cocktail:**
 - Adrenaline + endorphins = shaking, clumsiness, slowness.
- **Pupils dilate and both eyes open wide.**
- **Tunnel vision.**
- **Tachypsychia: slow motion time/space distortion.**
- **Auditory exclusion.**
- **Precognition.**
- **Conflicting memories.**