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.