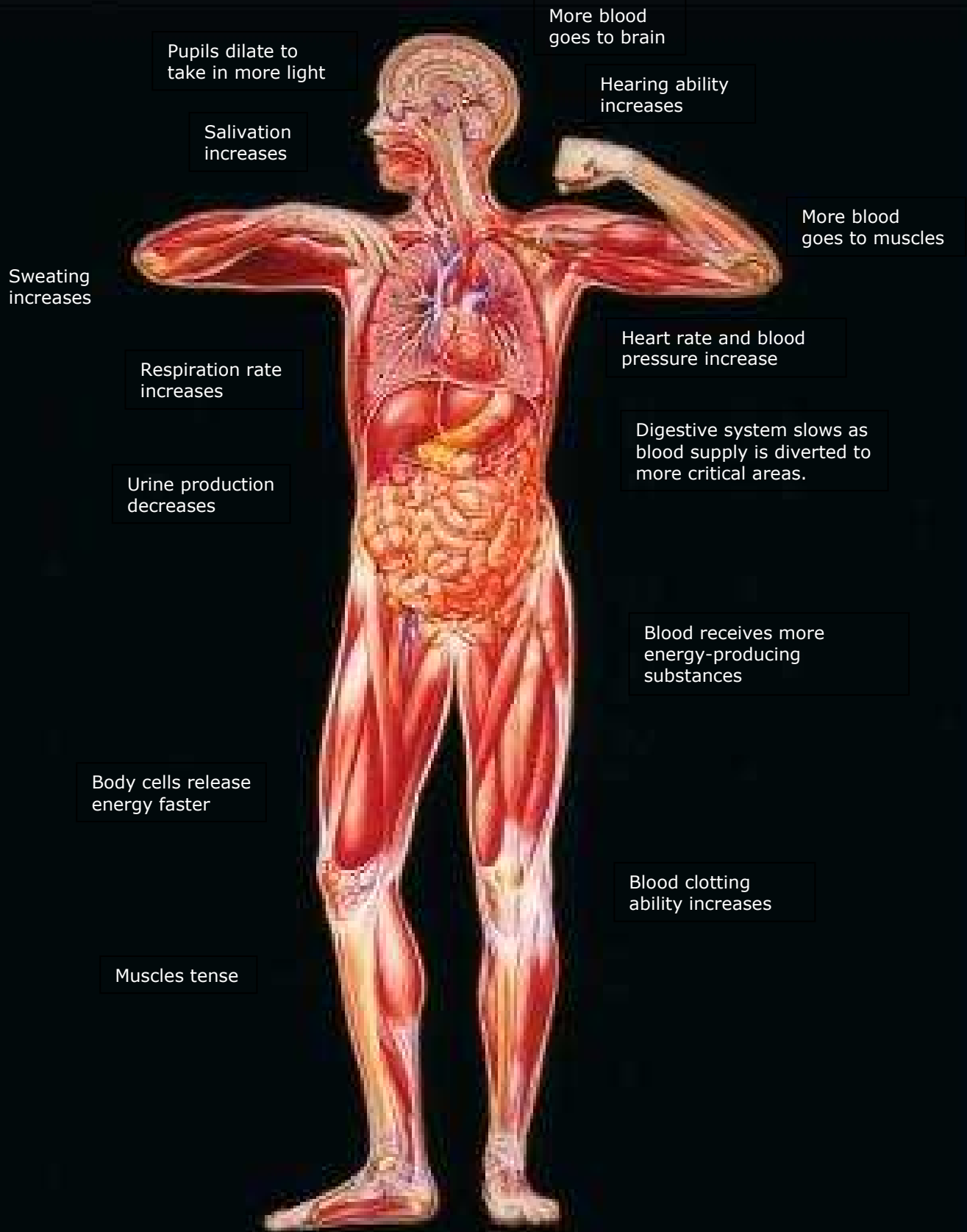


PHYSIOLOGICAL CHANGES THAT OCCUR DURING THE STRESS RESPONSE



Pupils dilate to take in more light

More blood goes to brain

Hearing ability increases

Salivation increases

More blood goes to muscles

Sweating increases

Respiration rate increases

Heart rate and blood pressure increase

Urine production decreases

Digestive system slows as blood supply is diverted to more critical areas.

Blood receives more energy-producing substances

Body cells release energy faster

Blood clotting ability increases

Muscles tense