**REACTING MODE**

**TACTICAL COMPOSURE**

**RESPONDING MODE**

Fight/Flight/Freeze.
Activates Sympathetic Nervous System

Clear, Conscious, Control
TC Activates Thinking Centres



Thinking Brain (NEOCORTEX)

Emotional Brain (LIMBIC)

Survival Brain (REPTILIAN)

Pre-frontal

amygdala

*Stress Response*
Increased Heart Rate
Increased Blood Pressure
Faster breathing
Sharpen senses
Muscle tension
Perspiration
Blood sugar release
Changes in digestive system
Immune system suppression

triggers

tactics

C