

REST AND DIGEST

- Effortless/Easy Breathing
- Ability of Diaphragm & Pelvic Floor to lengthen
- Confident 'Spring', 'Light' Movement Behaviour
- Awareness of Movement Patterns
- Clear Sensory Awareness of Body
- Movement Variability
- Good Weight Distribution Through The Feet
- Controlled Breathing Through Movement



FIGHT OR FLIGHT REACTIONS

- Increased Breathing Rate & Depth
- Decreased Movement of Diaphragm & Pelvic Floor
- Protected Postures & Movement Patterns
- Decreased Awareness Or Recruitment
- 'Smudged' Motor Maps For Patterns of Movement
- Decreased Movement Variability
- Rigidity
- Poor Weight Distribution Through Feet
- Poor Control of Movement With the Breath

Fight Or Flight

Ying Liu



Fight Or Flight:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Fight Or Flight**

In a global inundated with displays and the cacophony of instant communication, the profound energy and psychological resonance of verbal art usually disappear into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, situated within the musical pages of **Fight Or Flight**, a charming perform of fictional splendor that impulses with organic thoughts, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this magical opus courses visitors on a mental odyssey, gently exposing the latent potential and profound impact embedded within the delicate web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is main styles, dissect its charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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