

F adrenal: freeze in depth



What is it?

The freeze state is an inability to move brought about by the adrenal gland releasing cortisol as well as adrenaline so that fight and flight are put on hold.

Freezing is sometimes termed “attentive immobility” because the person, or animal, remains fully alert. This gives them time to assess the threat and how best to deal with it

What does freeze mode look like?

The most obvious sign of being in freeze mode is becoming rigidly still. Other signs of freezing are appearing alert, despite being frozen on the spot. Going pale. Breathing shallowly, or holding breath completely. Everything is on hold

How does flight mode activate?

Freeze causes muscles to go tense and differs from fight and flight because the heart rate slows down

Examples of the freeze response

A classic example of freeze mode is becoming rigid and unresponsive when cornered by a bully.

Another, less dramatic, example is being able to think of an answer when someone puts you on the spot

