

PHOENIX TRAINING GROUP

SURVIVAL STRESS REACTION

Around 115 bpm, most people lose fine motor skills, such as finger dexterity and eye-hand coordination, making it virtually impossible to type in a code in order to unlock a door, find the right key in a cluster of keys or multitask.

Around 145 bpm, most people lose their complex motor skills, movements that involve a series of muscle groups, such as eye-hand coordination, precise tracking of movement and exact timing. Executing complicated self-defense techniques become difficult if not impossible.

Around 175 bpm, most people experience numerous negative effects such as tunnel vision (meaning a loss of depth perception) and loss of memory of what happened during a violent incident.

At 185-220 bpm, most people go into a state of hyper vigilance, sometimes referred to as the “deer in the headlights” mode. This is often characterized by performing actions that are often times useless, such as continuing to desperately twist a doorknob on a locked door. People in this condition are often unable to move or even scream when faced with a crisis. When they do move, they sometimes do so irrationally by leaving their place of cover when in danger.

Your heart rate can go from 70 bpm to 220 bpm in less than a half a second.

An accelerated heart rate caused by exercise flushes your face and turns red as blood vessels dilate to allow blood to surge to your muscles.

An accelerated heart rate caused by fear pales your face, turning white because your vasoconstriction, the narrowing of blood vessels that constricts or slows blood flow

FOUR-COUNT COMBAT BREATHING

- Breath in through the nose two, three, four...Hold two, three, four.
- Exhale out through the lips two, three, four...Hold two, three, four.
- Breath in through the nose two, three, four...Hold two, three, four.
- Exhale out through the lips two, three, four...Hold two, three, four.
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