

STRESS RESPONSES (4 Fs)

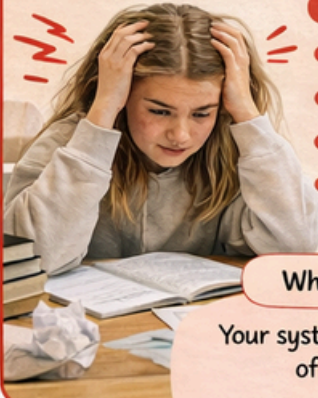
Your reactions are not random — they are your system trying to cope.

Which of these do you relate to?

REFRAMING COMMON PRESSURE WORDS

FIGHT

Push against it



What it can look like:

- Frustration / anger
- Snapping at people
- "This is stupid"
- Rejecting or arguing with work

What's happening:

Your system is trying to fight off the pressure

FLIGHT

Avoid it



What it can look like:

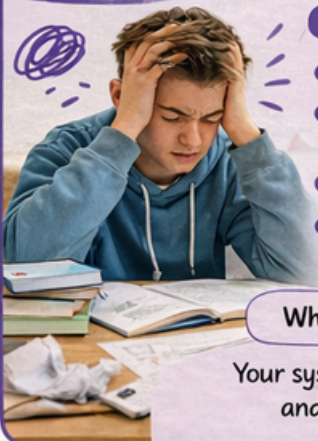
- Procrastinating
- Scrolling / Distraction
- Avoiding revision
- Suddenly wanting to do anything else

What's happening:

Your system is trying to escape the feeling

FREEZE

Shut down



What it can look like:

- Blank mind in exams
- Staring at work, unable to start
- Feeling stuck or numb
- Overthinking but not acting

What's happening:

Your system is overwhelmed and pauses everything

FAWN

Please others



What it can look like:

- Overworking to meet expectations
- Saying yes to everything
- Putting others first
- Fear of letting people down

What's happening:

Your system is trying to stay safe by keeping others happy



KEY REFRAME:

→ Snapping at people might be **FIGHT**

→ Avoiding revision isn't laziness — it might be **FLIGHT**

→ Going blank in exams might be **FREEZE**

→ Overworking, saying yes to everything, or trying not to let anyone down might be **FAWN**



Once we understand what's driving it, we can start to change how we respond.

ARC