

Halloween Runaround Quiz Answers

1. What is the 'fight or flight' response?	The survival mechanism that decides whether to battle for your life or run away when faced with danger.
2. What reactions are triggered by the 'fight or flight' response?	<ul style="list-style-type: none">• increased heart rate• redirection of blood from the intestines to the muscles• prepare the body to be efficient• overrides conscious thought
3. What does the chemical 'oxytocin' do?	makes you feel a strong social connection
4. What did our ancestors use the sense of fear for?	survival
5. What happens to the body after danger is removed or reassessed?	<ul style="list-style-type: none">• hormones released• heartrate slows• breathing slows• feeling of euphoria is created• body relaxes
6. What part of the brain creates the 'fight or flight' response?	Amygdala
7. Why might someone not enjoy being frightened?	They have not experienced the frightening situation so do not feel safe/still feeling the 'fight or flight' response They are fully aware there is no danger whatsoever.
8. What chemical is released during the experiences of both fear and happiness?	dopamine
9. Why do people expose themselves to 'scary' situations?	They are not scary once the mind has assessed the danger.

