

# 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 one reaction that is triggered by the 'fight or flight' response?	<ul style="list-style-type: none"><li>• increased heart rate</li><li>• redirection of blood from the intestines to the muscles</li><li>• prepare the body to be efficient</li><li>• overrides conscious thought</li></ul>
3. What did our ancestors use the sense of fear for?	survival
4. Name one of the things that happens to the body after danger is removed or reassessed?	<ul style="list-style-type: none"><li>• hormones released</li><li>• heartrate slows</li><li>• breathing slows</li><li>• feeling of euphoria is created</li><li>• body relaxes</li></ul>
5. Why might someone not enjoy being frightened? Name one reason.	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.
6. Why do people expose themselves to 'scary' situations?	They are not scary once the mind has assessed the danger.

