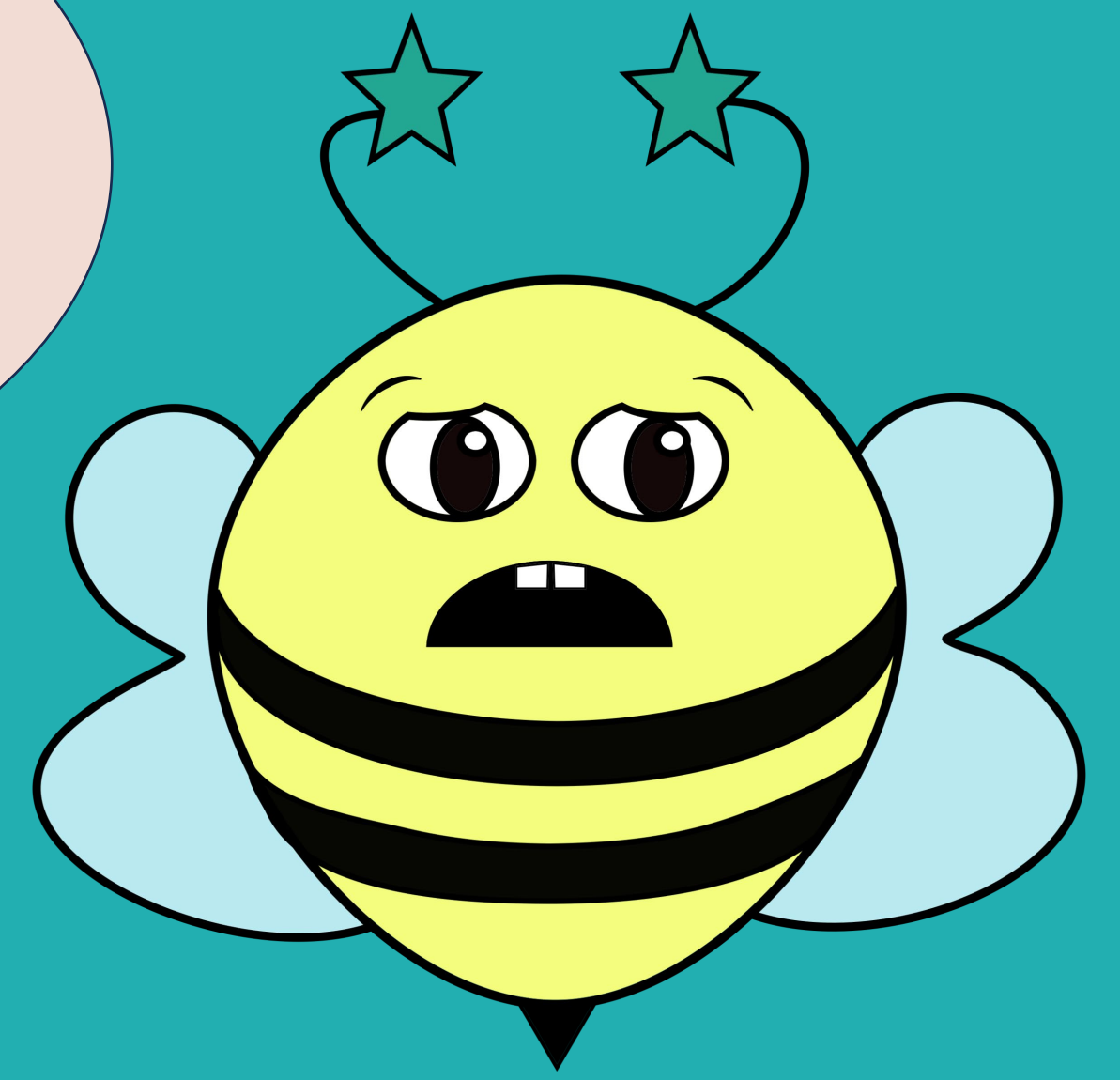


Emotions



Fear

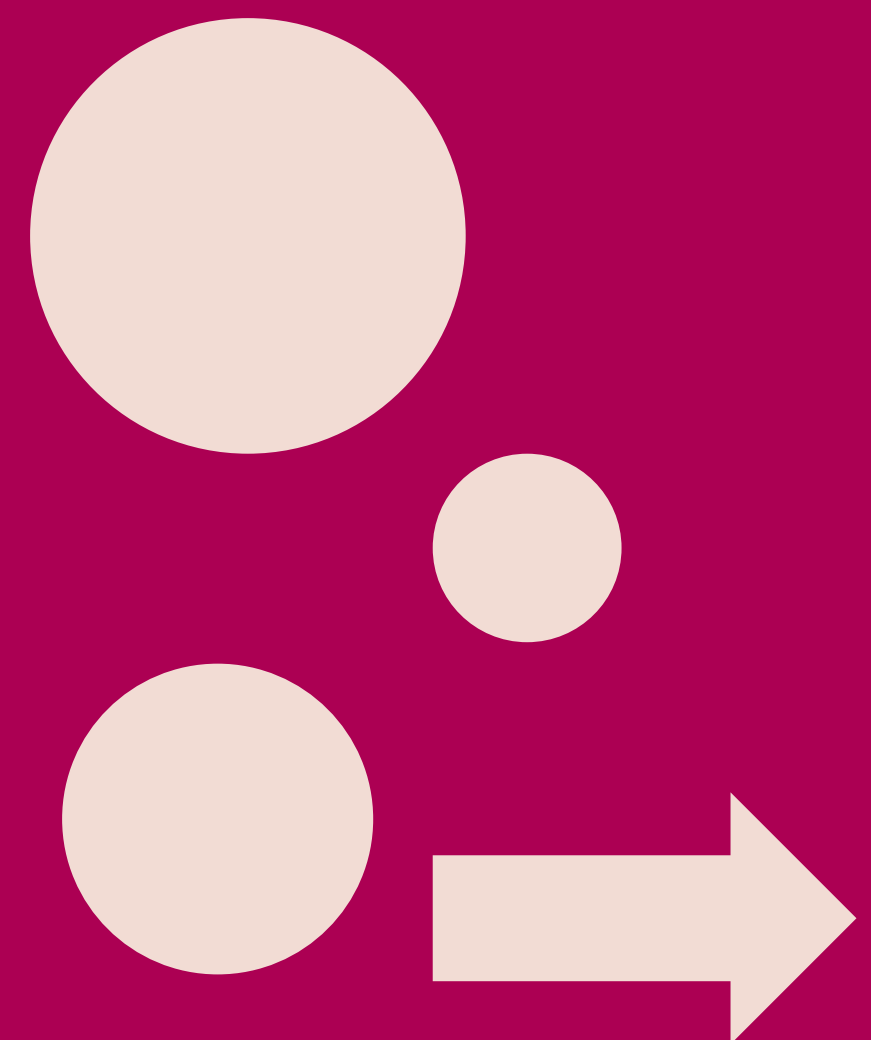
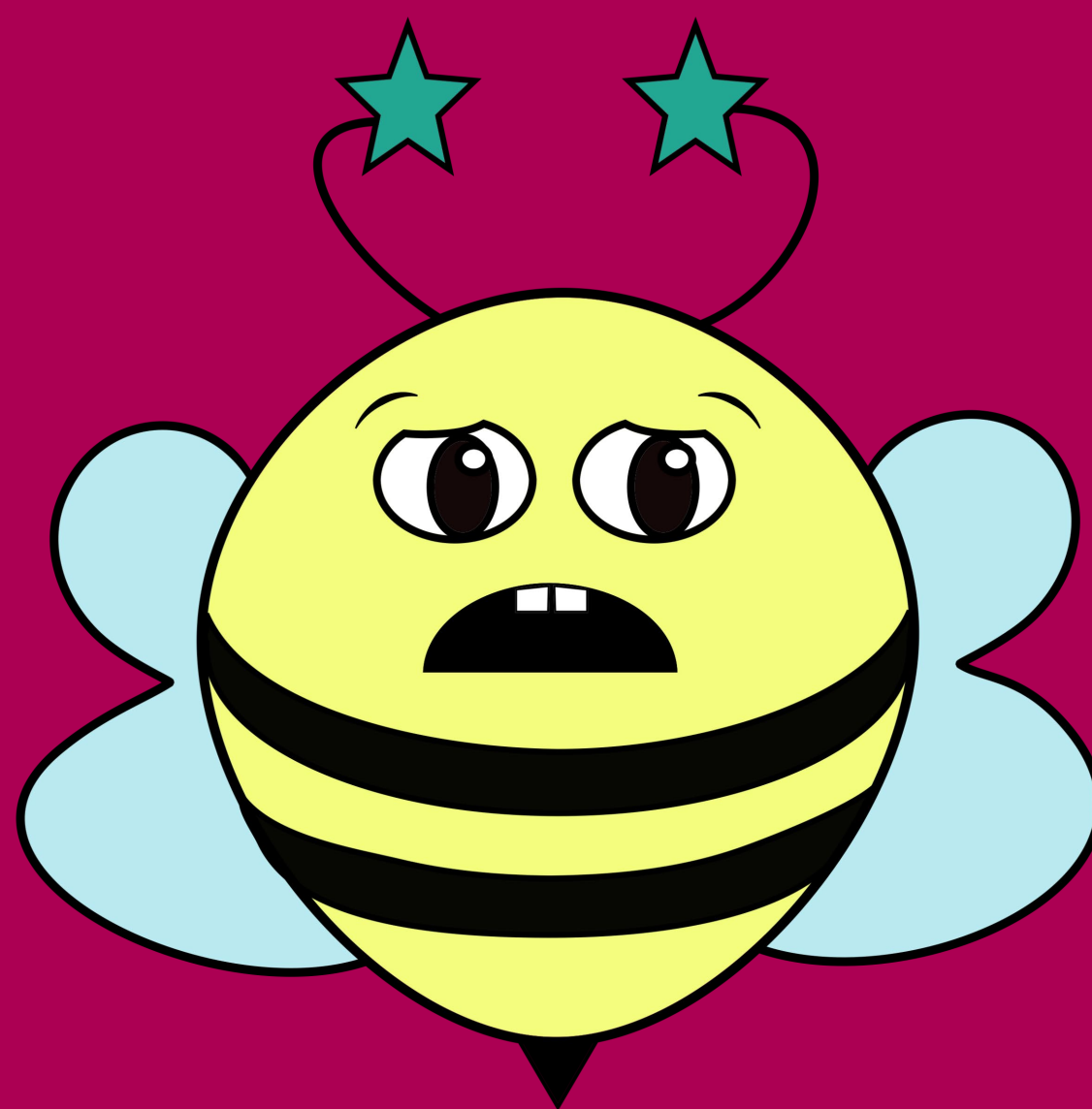
Fear is a natural, emotion characterised by a heightened state of arousal in response to perceived threats or dangers. It triggers physical and psychological reactions to prepare for self-preservation and coping with potential harm.



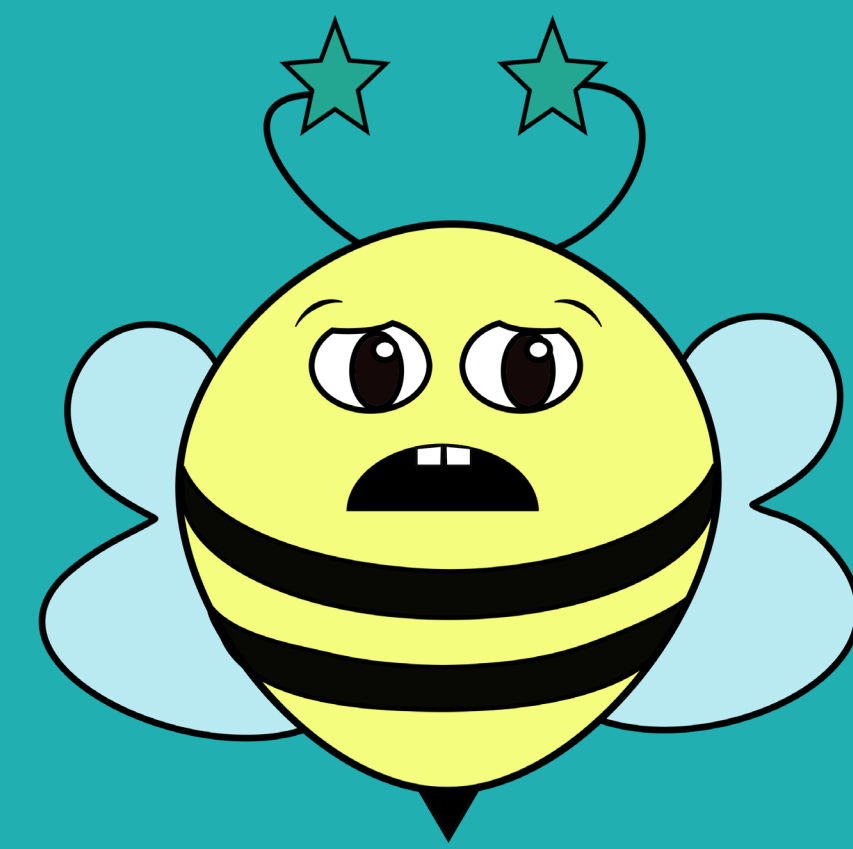
Emotions

How does it present?

Increased heart rate, rapid breathing, muscle tension, sweating, dilated pupils, trembling, nausea, dry mouth, blood pressure rise, alertness, and adrenaline release for survival.



Emotions



Why is it useful?

Fear serves as a natural alarm system that alerts us to potential threats and dangers in our environment. When we experience fear, our bodies and minds become more alert, preparing us to respond to the perceived threat.

Fear motivates us to avoid situations, objects, or actions that may be harmful or pose a risk to our safety. This avoidance behaviour is an essential part of staying safe and preventing accidents or injuries.

Fearful experiences often leave a lasting impression on our memory. This can help us remember and learn from past situations, so we are better prepared to handle similar threats in the future.

Fear can psychologically prepare individuals for stressful or emergency situations. When people have some level of fear or anxiety in anticipation of a challenge, they are often better equipped to handle it effectively.