

# SAW SYSTEM

MM - Effects.  
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↳ Sympathomedullary Pathway.

↳ Acute Stress is the type of stress that activates this system.

**Higher Brain Centres** ↳ The stressor is recognised by the higher brain centres.

**Hypothalamus**

**Brainstem autonomic Centres**

**Adrenal Medulla**

**Adrenaline & Nor-adrenaline released.**

↳ Adrenal Medulla Stimulated to release adrenaline.

Fight or flight is when we are energised to fight or run away, but has come to mean a general state of energised readiness.

↳ Boost oxygen and butterflies are felt in the stomach because the digestive system is cut off.

↳ The person sweats and the heart rate dilate for more oxygen intake.

↳ When the SAW system is activated, a process called fight or flight activates.

↳ Examples of acute stress are presenting, a drama performance or becoming embarrassed in front of everyone.