**Physical and Psychological Effects of**

**Deadly Conflict**

Physical and Psychological States

White - Blissfully unaware and unprepared – Normal heartrate

Yellow - Aware of surroundings and looking for threats – Normal heartrate

Red - Significant threat with adrenaline effects – Heartrate above 115 beats/min

Gray - Significant adrenaline effects yet functional – Heartrate up to 175 beats/min

Black - Significant effects becoming totally non-functional – Heartrates 175 beats/min+

Physical Effects of Threats and Stress

Bowell and Bladder Control

Heart Rate Elevation

Loss of Fine Motor Skills

Tunnel Vision

Hearing Loss

Altered Sense of Time

Psychological Effects of Deadly Conflict

Low firing rates and aversion to killing

Training and Habits

We do not rise to the situation we sink to the level of our training and habits

Controlling state of physical arousal and heartrate and increasing functional capability

Startle/Surprise response and psychological preparation

Yell “STOP” or throw something

Do not stop when hit or hurt

Anticipation or Inoculation

Tactical Breathing Effects on Sympathetic Nervous System

After Effects of Deadly Conflict

Adrenalin Effects – need to work off the effects

Loss of security

Guilt

Debriefings