**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