Flooding: Adrenalin overload

A natural reaction to stress (fight / flight / freeze response)
The affects is both mentally and physically.
Physically:
- rapid heart rate
- damp or sweaty palms
- shallow or rapid breathing
- dry mouth
- increased blood pressure and flushed complexion
- potential pulsing headache

Mentally:
- higher levels of brain functioning shuts down
- the reptilian brain takes over (more on instinct than reason)
- New info goes unheard
- it's difficult to hear or listen to anyone
- people are unable to reason

Results:
- Impaired thinking & inability to see options
- Potential continued escalation or violence
- SILENT flooders: only observed, they are not making sense

3 Steps to managing flooding:
- Stop, use big muscles to disperse the adrenaline
    - Take a break
    - For you: lift up on your chair and breathe deeply
    - Protect the one being flooded: DO NOT provoke
    - Speak in a clear, calm voice / repeat / it's difficult for them to understand
- Take slow deep breaths
    - Doing this yourself will keep you calm, they may follow your lead and they will calm
- Focus on facts / sequential thinking forces the brain to think a certain way
    - Focusing on thoughts quiets racing thoughts
    - What happened first? Then what?
    - Ask them to find something in the room to focus on, ask them about this one thing