



you want
to run
away

you might
find it hard
to breathe

your
vision
may go
blurry

you might
feel dizzy and
have a red
face

you may feel
hot and
sweaty

you can't
calm
down

SOME SIGNS THAT
TIGER BRAIN
IS TAKING OVER

you could have a
dry mouth or a
headache

you feel like
hitting or kicking
something