

# Fight, Flight...or Something Else?

A threat appears on the horizon. Adrenaline rises, and the stress response kicks in: the mind becomes more alert and the body starts to tense. The time has come to act—

*How will you respond: Fight or flight?*

A long time ago, my son's doctor told me "pick your battles." Though mildly comforting, the phrase has always left me hanging a bit, not just in regards to parenting, but also when it comes to work, relationships, and life. Which battles are fit to pick and which ones do you avoid?

If the threat that appears, say, an injustice, or a continuing disrespect, starts to eat your soul from the inside out, I think you have no choice but to fight for what you believe, what you need, or what you need to say. Until you find the right words, the right action, or the right approach, you may decide to fly away, but just keep in mind, it will keep coming back until you face and resolve it. I've learned this the hard way, -- that one day, you will need to stand up or the building resentment you've been harboring will explode into aggression.

Of course it makes sense to find balance—living life in constant "fight mode" leaves you irritable, abrasive, and puts everyone around you on edge. On the other hand, when you make avoidance a habit, the cloud of nervous hesitation that engulfs you becomes palpable to others and life becomes about your discomfort and nothing else. At any rate, constant stress leads to physical and mental health problems... and left unchecked, constant stress can kill. We have to find resolution.

So what if there is another way, something else? Not to fly through, not to fly away, but to fly... above—to transcend. The Merriam-Webster dictionary defines the word transcend as:

*a: to rise above or go beyond the limits of*

*b: to triumph over the negative or restrictive aspects of, to overcome*

There is a way, if you have the will.

This month, I'd like to focus on just how to do that—how to loosen the grasp of the fight-or-flight stress cycles and the power it holds over us. I'd like to learn to rise above, and I'm happy to share with you my findings. Please check in with me on [efgrace.com](http://efgrace.com), facebook and instagram @efgracearts and share yours as well!



[efgrace.com](http://efgrace.com)

## especially coping PRINTABLE WORKSHEETS

We all face times when we especially need to cope, to unclench our minds and rise above the toxicity of the moment.

I'm not a licensed therapist, but a spiritual artist. I created these worksheets to help myself--and others, if possible--work it out.

You can find worksheets such as "New Beginnings", "I Feel Good", and "Time Menu" available at low introductory rates in my website shop: [efgrace.com](http://efgrace.com) >> Galleria >> Shop >> Especially Coping Printables.

To thank you for keeping in touch, I've attached a free sample worksheet entitled, "Solutions". I hope the design delights you and the content inspires some personal insight!

Until next time,  
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