

If you ever felt suddenly numb, then, probably, this reaction was provoked by severe stress. This is an adaptive protective reaction to stressful or dangerous situations. When we freeze, the pulse and breathing slow down, and the blood pressure changes. However, all this may be useful.

Professor Karin Rolofs, a neurobiologist and a clinical psychologist who studies fading at the University of Radbud in the Netherlands, notes that freezing is a kind of state of emergency. At this moment, you become as vigilant as possible, but do not panic. Therefore, this condition is very useful.



Marta Lanuza

According to Rolofs, the state of fading can even be trained and even cause at the right time. It can become a tool for combating stress or increasing productivity in different situations.

There are people who are able to control the situation of freezing in their interests. These are snipers and living statues (street artists).

In the course of an experiment in which the participants needed to play a shooter in virtual

Furious reaction: the professor told how elite snipers cope with stress

reality, scientists found that the stronger the degree of freezing (based on the pulse of the players) of the subjects, the better they played and the faster they made decisions.

Flaggy can be trained with breathing. To do this, focus on a very slow exhale.

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