

# How Fight or Flight Impacts Birth



Oxygen directed away from uterus, muscles need o<sub>2</sub> to work well and comfortably

Lack of oxygen causes uterus to constrict inner layers, making it harder to draw up

Baby pushes against hard muscle

Uterus keeps trying (badass), difficult and uncomfortable.

Pupils dilated lets light in, when we do hormones you can see how this is not useful

Adrenaline release slows the hormones needed for labour

Sweating-dehydrated

Fight or flight makes birth less comfortable, less efficient, slows things down,

interventions are suggested. "failure to progress"