

THIS IS YOUR BRAIN

ON STRESS

FACT NO. 1

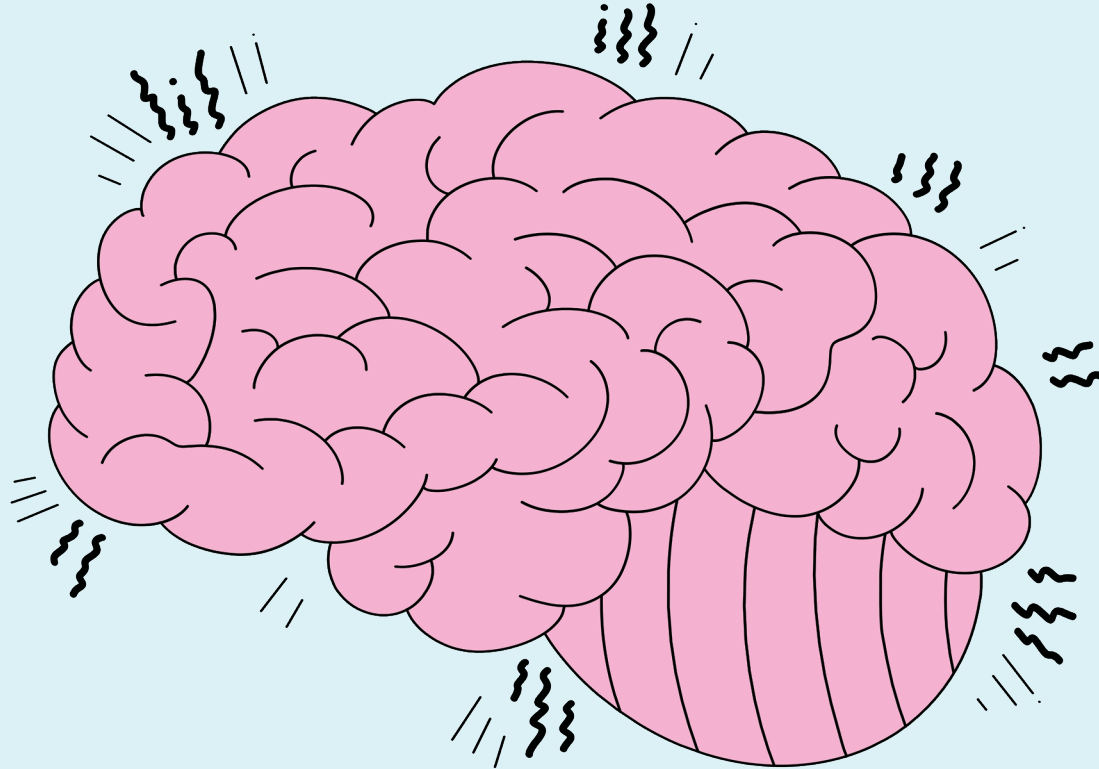
THE MOMENT YOUR BRAIN PERCEIVES A THREAT, IT TRIGGERS THE STRESS RESPONSE (A.K.A. FIGHT, FLIGHT, FREEZE). ACTING FASTER THAN THOUGHT ITSELF, IT ACTIVATES THE MOST PRIMITIVE PART OF THE BRAIN.

FACT NO. 2

THIS PART OF THE BRAIN CONTROLS BREATHING, HEART RATE AND BODY TEMPERATURE.

FACT NO. 3

“STRESS HORMONES” (ADRENALINE, NOREPINEPHRINE AND CORTISOL) ARE RELEASED.



FACT NO. 4

THE BRAIN USES IMPULSES TO SEND SIGNALS TO OTHER PARTS OF THE BODY. STRESS CAN CAUSE THE HEART TO BEAT FASTER, BREATH TO SPEED UP, AND MUSCLES TO GET TIGHT AND TENSE.

FACT NO. 5

WHEN YOUR STRESS RESPONSE IS ACTIVATED, YOUR “WISE BRAIN” (PREFRONTAL CORTEX), WHICH HELPS US TO SEE CLEARLY, THINK RATIONALLY AND ACT WISELY, GOES TEMPORARILY “OFFLINE.”

FOR WAYS TO GET THE WISE BRAIN BACK ONLINE, FLIP AHEAD IN THIS CHAPTER

 DISCOVER MORE ON THE STRESS RESPONSE