PAGE ONE

Joel Brooks Counseling Inc.

Stress

Hormones → Physiological changes

Hormones → Fight or Flight

Amigdala → Emotional Processing

Amigdala → Survival

Hypothalamus → Headquarters of the brain

Autonomic Nervous system → Controls involuntary body functions

Autonomic Nervous system → Two Parts sympathetic/Parasymathetic

Sympathetic Nervous System → Fight or Flight- Energy Responds to danger

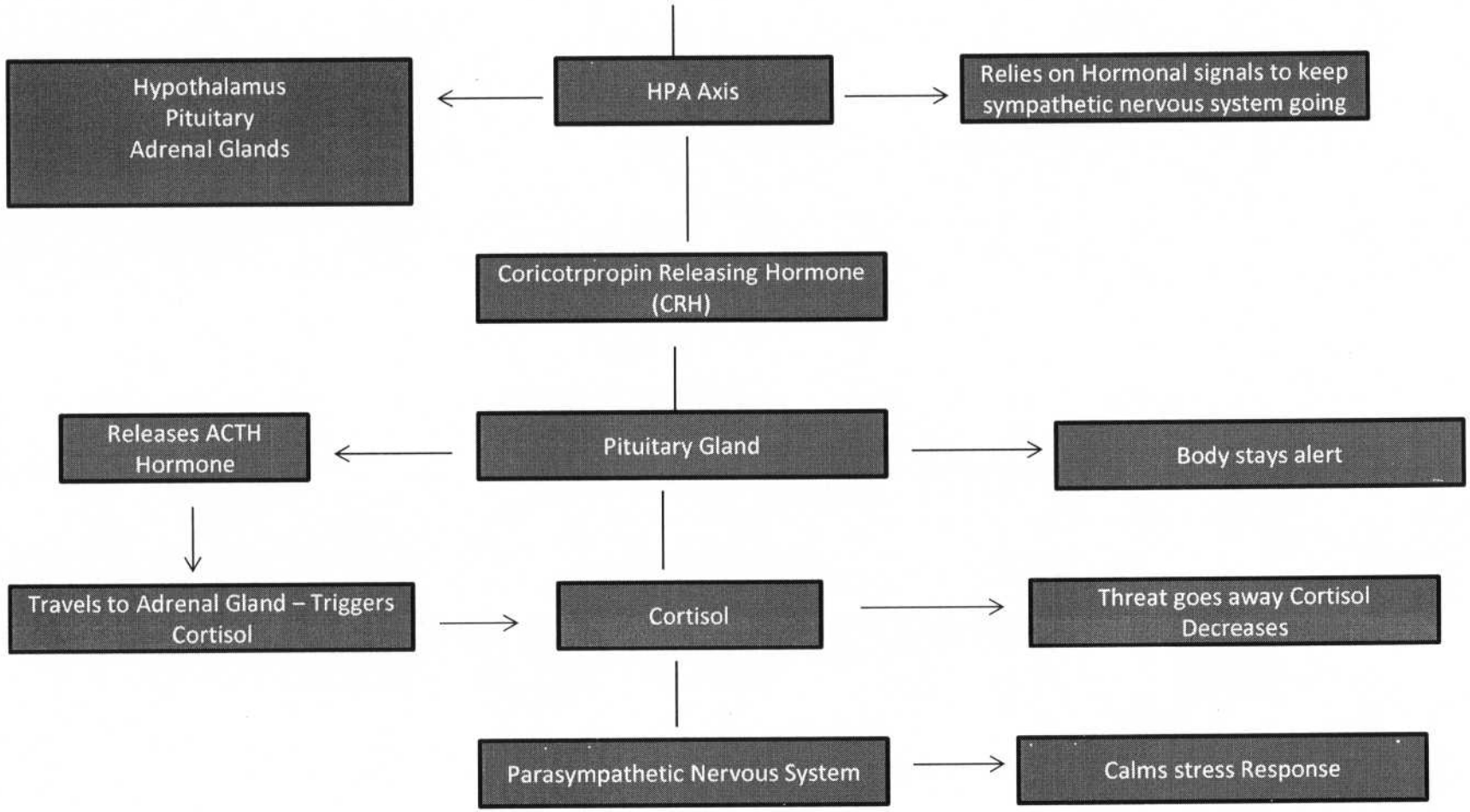
Adrenal Glands

Epinephrine Hormone → Or Adrenaline

Oxygen to the Brain → Blood Pressure rises, Heart Beats faster; Heighten alertness , High Blood Sugar

Oxygen to the Brain → Energy

Epinephrine Decreases


Hypothalamus
Pituitary
Adrenal Glands
HPA Axis
Relies on Hormonal signals to keep sympathetic nervous system going
Coricotrpropin Releasing Hormone (CRH)
Releases ACTH Hormone
Pituitary Gland
Body stays alert
Travels to Adrenal Gland – Triggers Cortisol
Cortisol
Threat goes away Cortisol Decreases
Parasympathetic Nervous System
Calms stress Response