

What is stress?



How the body reacts to stress

Your brain receives stimulus from your eyes and ears.

Your lower brain informs your nervous system.

Your adrenal glands produce hormones:
– adrenaline
– noradrenaline
– cortisones.

You feel cold and sweaty.

Your pituitary gland releases an alarm hormone.

Your pupils dilate.

Your breathing rate speeds up.

Your heart beats faster.

Your muscles tense.

Your liver releases sugar for energy.

You may also feel that bowels and bladder need to be emptied.

