



Inside your brain's stress response

FACT NUMBER 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 NUMBER 2. This part of the brain controls breathing, heart rate and body temperature.

FACT NUMBER 3. "Stress hormones" (adrenaline, norepinephrine and cortisol) are released.

FACT NUMBER 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 NUMBER 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."