

# ANXIETY

ERS IT...

WHAT TRIGG

INDUCES THE BODY RESPONSE

THE SUBSTANTIA

When startled, the brain automatically engages

of thinking of events. This

triggers a cascade of

hormones, including

adrenaline, which

prepares the body

for a fight or flight

response. This

increases heart rate

and blood pressure,

and causes the

muscles to tense

up. The result is

a state of high

arousal, which

can be helpful in

emergency situations

but can also lead

to chronic anxiety

if the response is

triggered too often

THE HIGH ROAD

B

RACING HEARTBEAT

The body

prepares for

action by

releasing

adrenaline

into the

bloodstream

which

increases

heart rate

and

blood

Spikes in adrenaline  
increase heart rate  
nerve endings in skin  
trickle into the bloodstream

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increase heart rate  
nerve endings in skin  
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over 100% increase in  
faster blood pressure  
rises and tingles

# THE HIGH ROAD

## TACTILE STIMULI

are processed first

2

## OLFACTORY AND TASTE

## DIGESTION SHUTDOWN

The brain stops thinking about things that bring pleasure, shifting its focus instead to identifying potential dangers. To ensure that no energy is wasted on digestion, the body will "dry" the mouth.

3

## THALAMUS

Sights and sounds are

4

## CORTEX

It gives raw sights and sounds meaning, enabling the brain to become

5

## AMYGDALA

It sends out a flood of hormones,

including adrenaline, to speed up

heart rate and blood pressure.

7

## LOCUS CERULEUS

8

## HYPOTHALAMUS

It releases a signal to the

pituitary gland to release