

What do Stress AND ANXIETY LOOK LIKE IN THE BRAIN?

Everyone needs a certain amount of stress to survive - it's what gets us out of bed in the morning and gives us the adrenaline to succeed. However, stress can become a problem when our bodies experience too much of it.



of adults feel stressed about money at least some of the time



of adults experienced a major stressful event in 2014



of adults say stress has a negative impact on both their personal and professional lives

SO WHAT EXACTLY IS GOING ON INSIDE YOUR MIND WHEN YOU FEEL OVERWHELMED?

When your body detects stress, the hypothalamus reacts by stimulating the body to produce adrenaline and cortisol.



These two hormones increase your heart rate, raise your blood pressure and temporarily increase energy to help you 'fight' or 'take flight'

When your body recognises it's no longer in danger, your hormone levels fall and your heart rate and blood pressure return to normal.

