

FIGURE 7.1 How Does Stress Influence Your Body?

Stress pathways involve different regions of the brain and body organs in various feedback loops. With a perceived threat (1), a signal is sent to the amygdala by both conscious (2) and preconscious (3) pathways. Corticotropin-releasing hormone (CRH) is released (4) and stimulates the ANS (5). The adrenal glands produce epinephrine and with a different pathway, glucocorticoids. This begins the fight-or-flight response (6). Continued stress induces the locus coeruleus (7) to release norepinephrine that goes to the amygdala (8) leading to more CRH (9).

Source: Sapolsky (2003, p. 89).

