

■ FIGURE 7.2 The HPA Pathway Involved in Physiological Responses to Psychological Stress

In response to stress, the *autonomic nervous system (ANS)* innervates a variety of organs including the adrenal medulla, which results in the release of catecholamines. The HPA axis and sympathetic system have largely complementary actions throughout the body, including energy mobilization and maintenance of blood pressure during stress.

Source: Ulrich-Lai & Herman (2009).

