

FIGURE 7.3 The Glucocorticoids Pathway Involved in Stress

Another stress pathway involves cells in the hypothalamus that are released into the bloodstream and go to the pituitary gland. This causes the pituitary to release hormones that influence other hormones, known as glucocorticoids. This system helps to convert stored fats and carbohydrates into energy sources that can be used immediately.

Source: From McEwen, B. S., Bowles, N. P., Gray, J. D., Hill, M. N., Hunter, R. G., Karatsoreos, I. N., & Nasca, C. (2015). Mechanisms of stress in the brain. *Nature Neuroscience*, 18(10), 1353–1363.

