

# Stress Starts in the

# Brain

## Sympathetic + Parasympathetic Nervous System

Sensation  
→ Brain

1. Thalamus →  
Norepinephrine  
"Wake up!"

2. Hypothalamus →  
pituitary gland →  
Adrenal gland

"Stress hormones" =  
adrenaline + cortisol

3. Amygdala

4. Heart rate ↑, Pupils, etc.

Perceptions  
formed