

HOW YOUR MIND AFFECT YOUR BODY

Stress responses

OVERVIEW



Short term

Time to “Fight or flight”

Adrenaline & Noradrenaline increases your heart rate, blood flow, and energy.

Cortisol ramps up your glucose availability and suppresses non-essential functions (like digestion or reproduction) to focus energy on problem-solving.

You are now alert and ready for the challenges!



Weakened immune response

Cortisol ramps up the immune system and causes inflammation. Hence, as time goes by, the body needs to suppress it to prevent unnecessary damage. In the long term, this leads to weakened immune defense.

Long term



Cardiovascular issues

For a long time, your heart rate and blood pressure remain high for “fight or flight”. This damages your heart and blood vessels, causing cardiovascular issues.

Obesity and gastrointestinal (GI) issues

Cortisol increases appetite, promotes fat storage, and slows down metabolism. This leads to weight gain.

Cortisol suppresses digestion and in the long term, this can lead to GI issues



Impaired brain functions and mental issues

Chronic stress causes permanent damage to your brain, causing impaired memory and cognitive function.

Mentally, chronic stress can cause emotional distress and cause mental issues such as anxiety and depression.



Infertility

Cortisol disrupts reproductive hormone production, which in the long term can cause infertility in both men and women.



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