

Always active.

Fight-flight

2 key stress hormones:

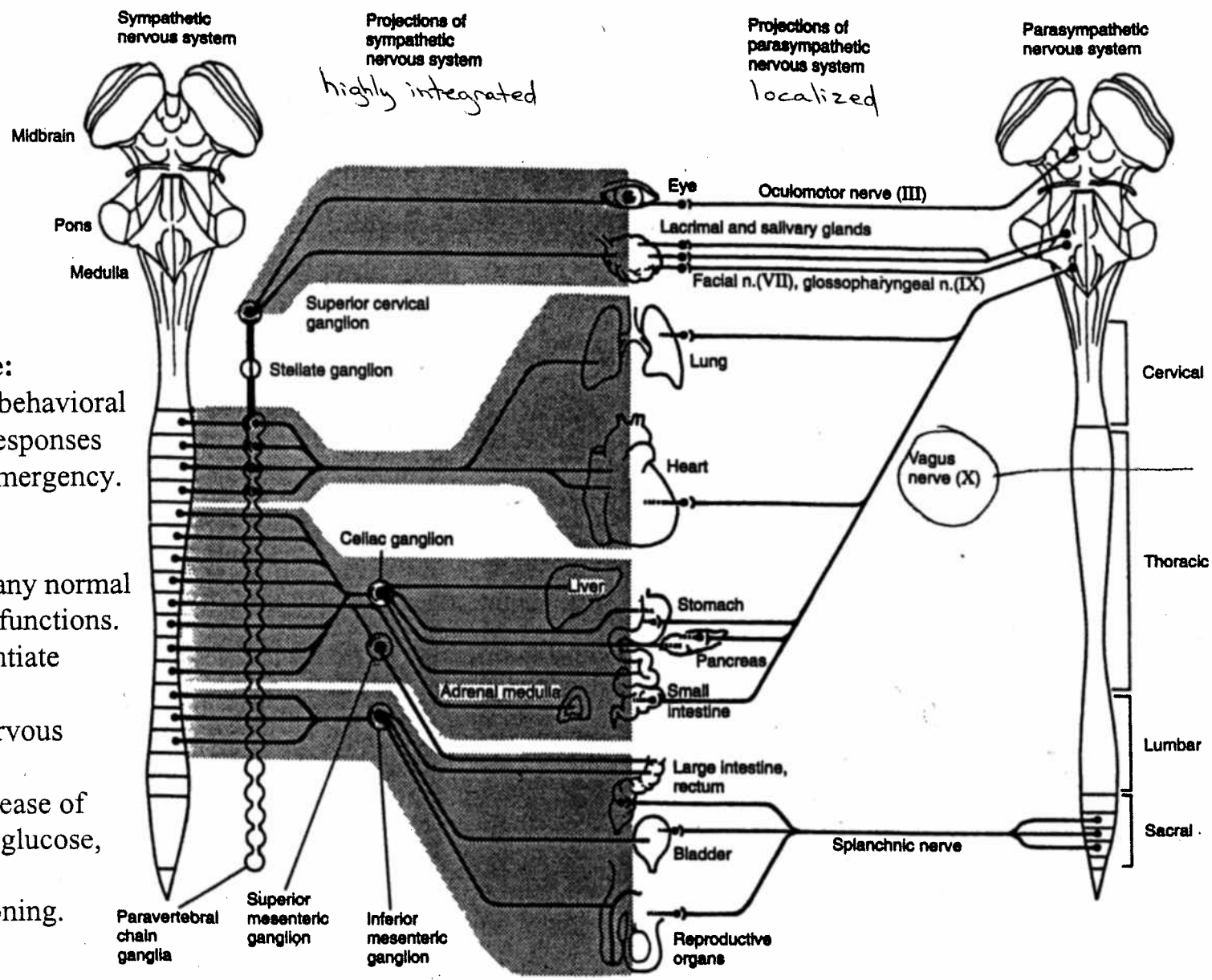
1. **Epinephrine:**

- Coordinates behavioral and metabolic responses required in an emergency.

2. **Cortisol:**

- Assists in many normal and emergency functions.
- Acts to potentiate activities of Sympathetic nervous system.

• Increases release of stored fats, and glucose, and to suppress immune functioning.



Supports feeding, energy storage, reproduction.

The autonomic nervous system and autonomically regulated organs.

Lovaglio, W.R. (1997). Stress and health: Biological and psychological interactions. Thousand Oaks, CA: Sage Publications.