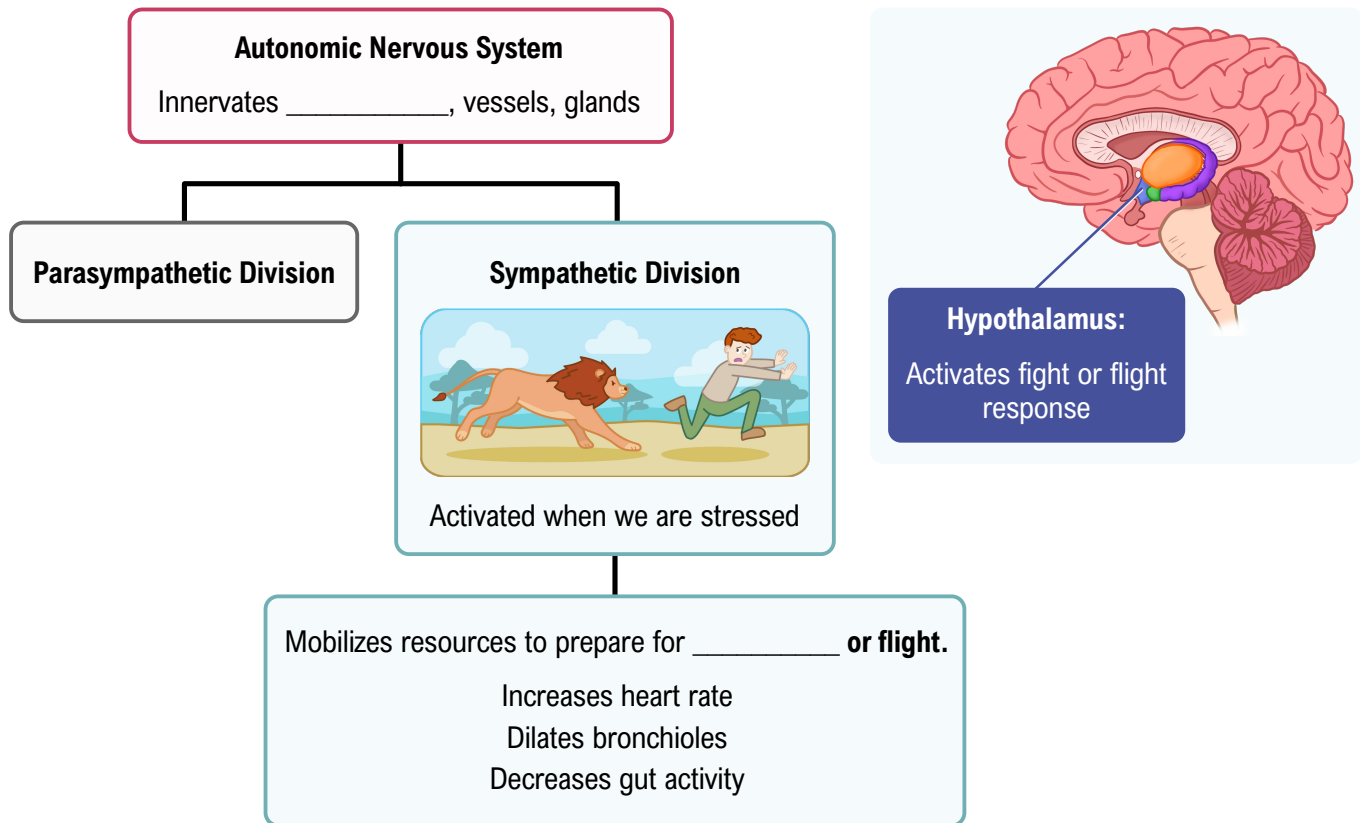


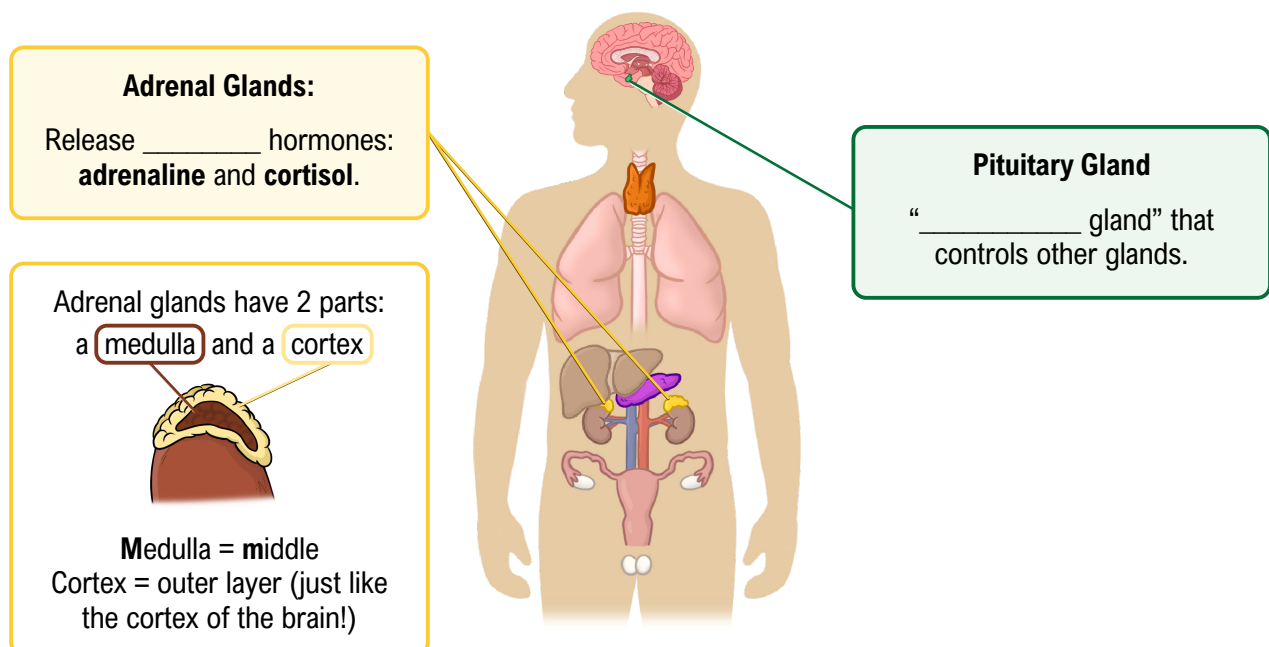
TOPIC: STRESS PHYSIOLOGY

◆ *Recall:* The nervous system



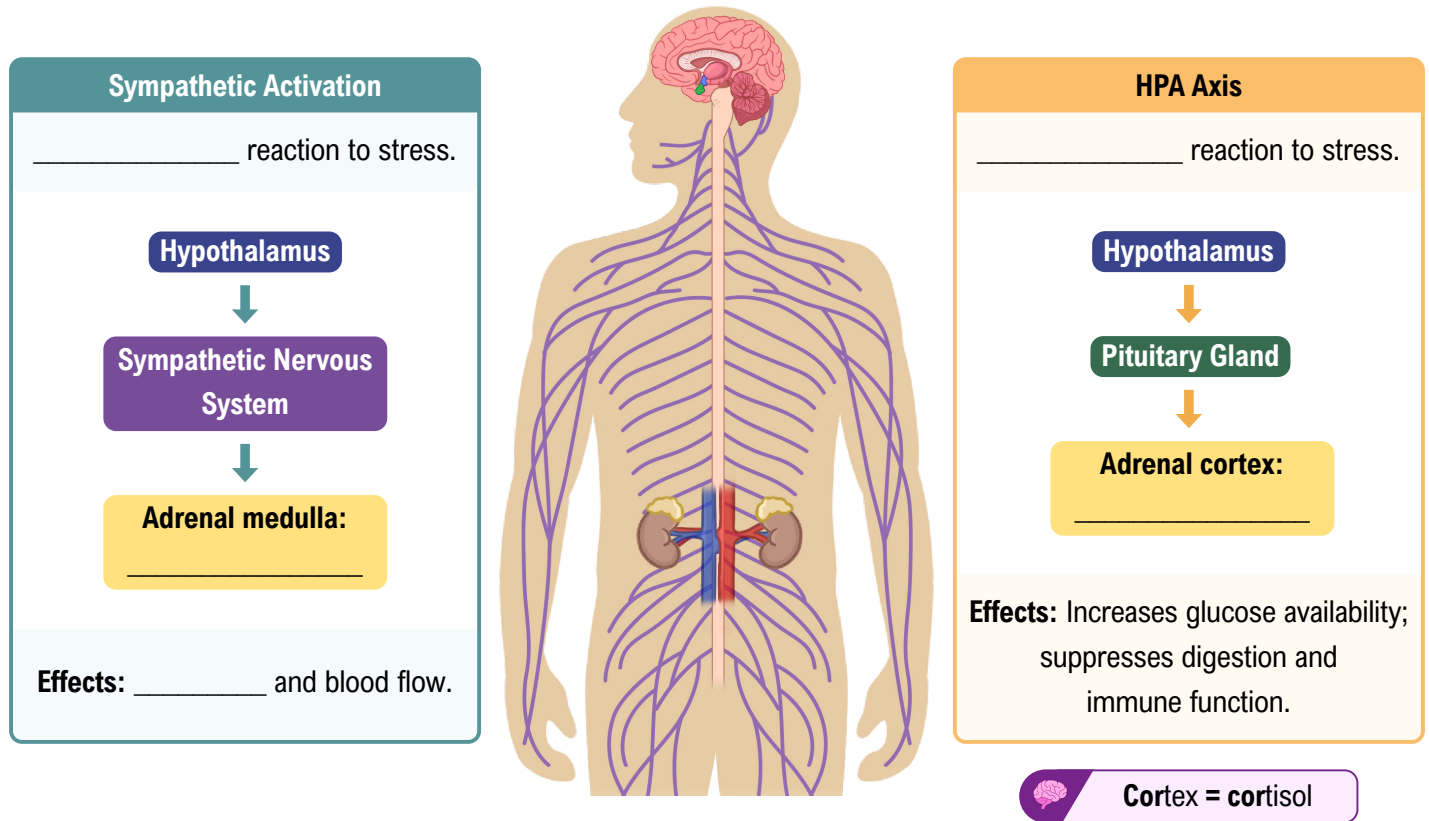
◆ *Recall:* **Hormones:** Chemicals that travel outside the nervous system; enable the brain to regulate the body.

- Released by glands.



TOPIC: STRESS PHYSIOLOGY

◆ Our bodies have 2 responses to stress – they differ in their mechanisms and timeline.



EXAMPLE

For each situation below, state if you would expect sympathetic or HPA activation. Then fill in the pathway that describes the physiological response that would be activated.

- a. Your parent becomes ill with a chronic disease, and you become their primary caretaker.

After years of caring for your parent around the clock, the doctor recommends a risky surgery.

System: _____

_____ → _____ → _____ releases _____

- b. You wake up, look at your phone, and realize you forgot to set your alarm before your exam this morning.

System: _____

_____ → _____ → _____ releases _____

TOPIC: STRESS PHYSIOLOGY

PRACTICE

Which part of the body is **directly** responsible for the release of cortisol?

- a) Hypothalamus. b) Adrenal medulla. c) Pituitary Gland. d) Adrenal Cortex.

PRACTICE

You are living in a place that experiences wildfires annually. This year, in particular, has had multiple weeks of high-intensity fires. Which physiological system is likely activated in this situation?

- a) HPA Axis.
- b) Sympathetic Nervous System.
- c) Secondary appraisal.
- d) Parasympathetic Nervous System.