

Anxiety in the Brain

The Amygdala

- Responsible for the "fight or flight" response
- This response allows you to prepare for danger
- Anxiety disorders often lead to an overreactive amygdala



Stress Hormones

- When anxiety is triggered the brain releases stress hormone known as cortisol and adrenaline

The Hippocampus

- Part of the brain that is associated with learning and memory
- Anxiety can shrink the hippocampus which can result in issues with learning and memory



It really is all in your head...

- Some anxiety is normal and helpful
- Anxiety disorders result in physical changes in your brain
- The brain is responsible for how you experience and interact with the world