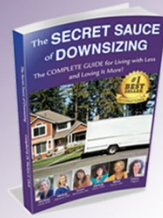


The **SECRET SAUCE** of **DOWNSIZING**



Online Course Processing Your Emotions Module 3

Nervous System Impact of Stress

When you maintain chronic depleting states of emotion, you create patterns of nervous system stimulation that increase two hormones - adrenaline and cortisol. These two hormones create disruption in your body's ability to handle sugar processing as well as upsetting the balance of other hormones like thyroid and DHEA (your anti-aging hormone).

Look back at your handouts from module 2 and note how many tick marks you made in the depleting and renewing emotions columns. This will help you recognize where your physiology might be operating.

When you experience a depleting (or negative) emotion the sympathetic arm of the nervous system is activated. Each time that you have a strong negative reaction up to 1400 biochemical changes can occur in your body!

The autonomic nervous system has two arms:

- Sympathetic
- Parasympathetic

In an ideal situation your body is maintaining a balance of activity between these two. You can see from the image of the nervous system activity that the sympathetic side has more of a “get up and go” effect (or fight or flight) and the parasympathetic side has more of a “rest and digest” effect.



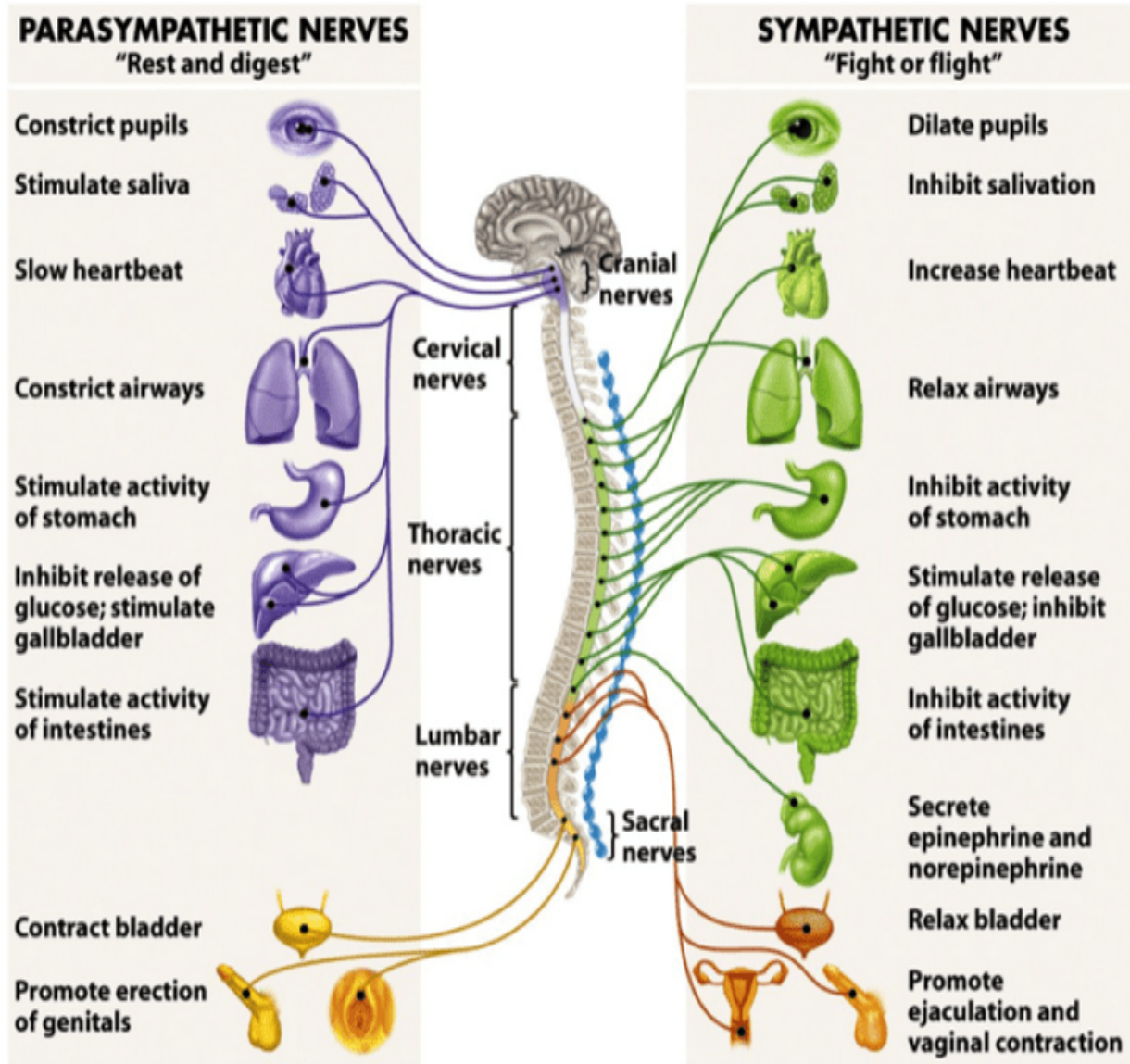


Figure 45-20 Biological Science, 2/e
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