

HPA SYSTEM

MM - Effects.
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⊕ Hypothalamic - Pituitary - Adrenal axis.

⊕ Chronic Stress activates this system.

Higher Brain Centres

The Stressor is recognised by the higher brain centres.

Hypothalamus

Pituitary Gland

The Hormone ACTH is released into the bloodstream.

Adrenal Cortex

Physiological Effects on the body.

⊕ Corticosteroids are released into the blood stream and the cortisol reduce the white blood cells in the body.
⊕ The Steroids cause the Thymus to Shrink which make the WBCs decrease and the person more prone to any illnesses because the immune system weakens.

⊕ The person has increased sensitivity to pain because the liver burns fat for more energy.

When the HPA System is activated, we are more likely get Heart conditions because of increased Blood Pressure & Heart rate.

⊕ Examples of Chronic Stress is death of a family member, Loss of a job, breaking up from a long term relationship.