

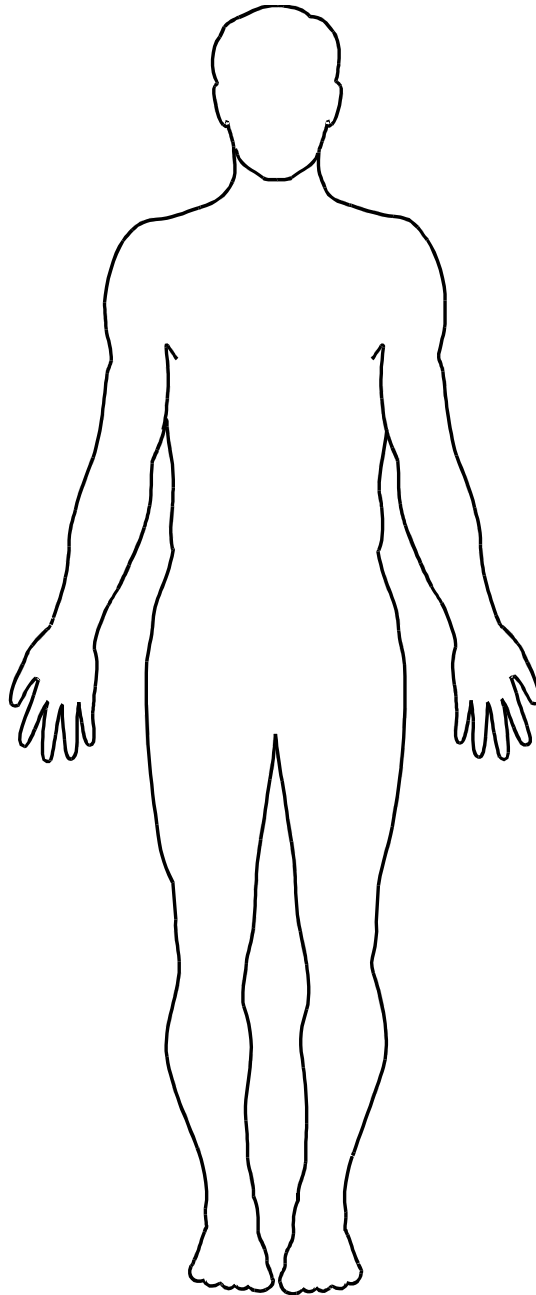
Physiology of Stress and Relaxation

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Stress Response

Activates sympathetic nervous system

- Dilates pupils
- Increases vigilance / activates state of alert
- Reduces salivation
- Increases heart rate; restricts blood flow
- Alters body's regulation of temperature; increases perspiration
- Disrupts processes of digestion (including appetite, satiety, and metabolism), reproduction, growth
- Starts production of adrenaline (epinephrine)
- Tenses large muscles



Relaxation Response

Activates parasympathetic nervous system

- Constricts pupils
- Restores balanced concentration
- Activates salivation
- Slows heart rate; resumes normal blood flow
- Resumes body's regulation of temperature
- Activates normal digestion, reproduction, growth functions
- Suppresses adrenaline (by starting production of noradrenaline / norepinephrine)
- Relaxes large muscle groups

Physiological processes designed for continual adaptation with goal of maintaining "homeostatis" (balanced regulation of stress and relaxation)