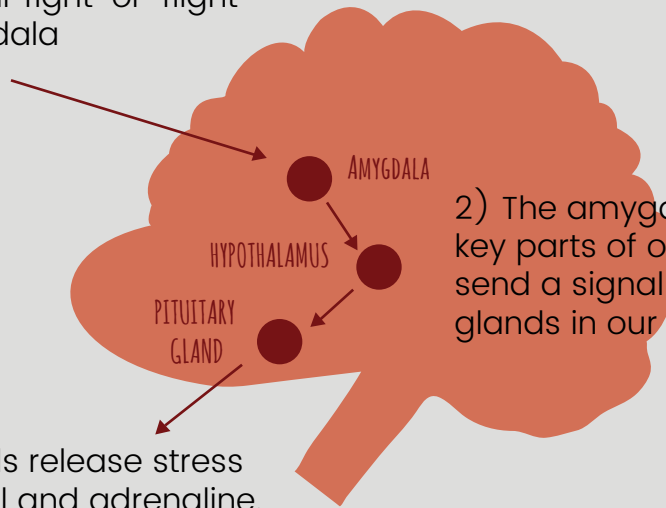


HOW ANGER AFFECTS THE BRAIN AND BODY

1) ANGER TRIGGERS activate our fight-or-flight response starting in the amygdala of our brain.

Anger Triggers Include :

- Life Stress
- Social Pressures
- Conflict With Others
- Judgement
- Rejection
- Annoyance
- Disappointment

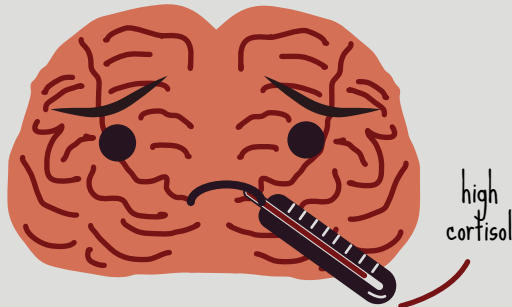


2) The amygdala activates other key parts of our brain, which then send a signal to the adrenal glands in our kidneys.

3) The adrenal glands release stress hormones like cortisol and adrenaline.

HOW ANGER AFFECTS YOUR BRAIN :

Too much cortisol can negatively affect the prefrontal cortex and hippocampus parts of our brain.

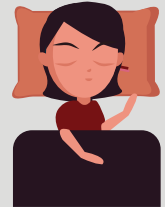


This can cause problems with poor decision making, understanding consequences of our actions, and short-term memory. The pre-frontal cortex does not fully develop until we are in our mid-20s, making it a bit more difficult to manage our anger in our younger years.

TIPS TO NATURALLY REDUCE CORTISOL LEVELS:



Moderate Exercise



Good Sleep



Healthy Diet with low sugar, reduced caffeine and plenty of water



Stress Management



Relaxation Skills – slow, deep belly breathing

HOW LONG-TERM ANGER AFFECTS YOUR BODY:



Poor Eyesight



Weaker Bones



Increased Headaches



Digestive Problems



Increased Chance Of Stroke/Heart Attack/Cancer



Weakened Immune System



Increased Blood Pressure



Heart Problems



Sleep Problems