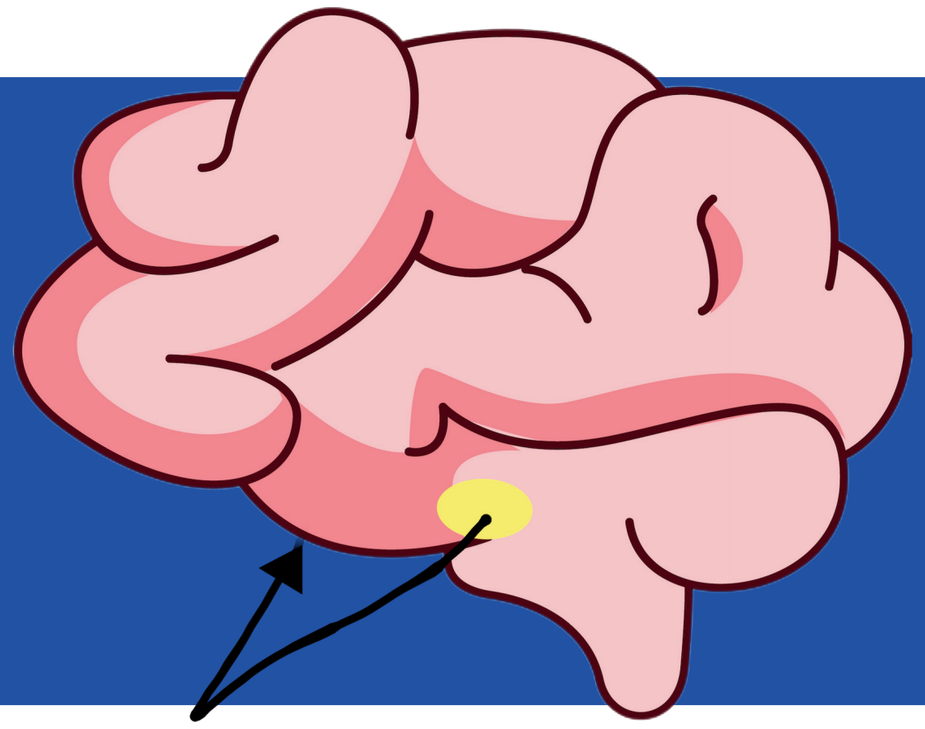
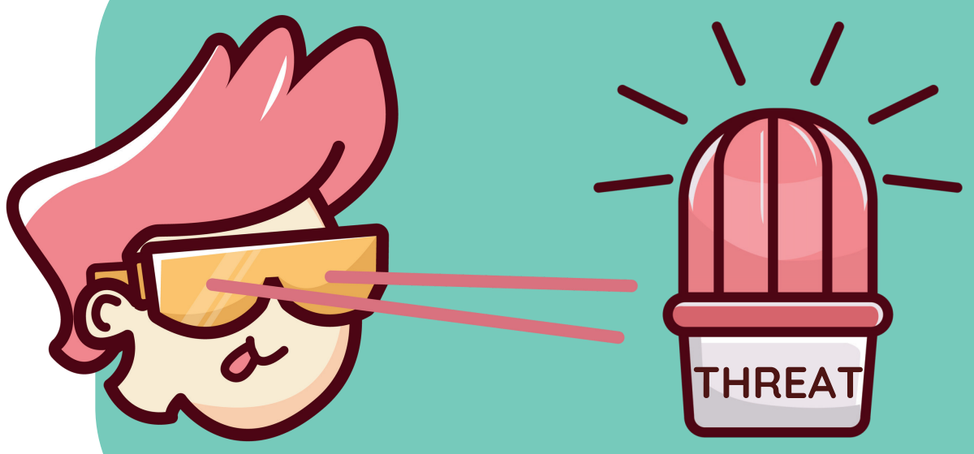
The Amygdala: Our Fear Centre

The amygdala is our internal security guard. It turns on our stress response.



Amygdala



The amygdala turns on our stress switch when there's danger.

The 'on' switch releases cortisol & adrenaline tp prepare our body for 'fight or flight' mode.

