

REST-AND-DIGEST vs FIGHT-OR-FLIGHT

Parasympathetic

'P' for 'Peace'

PUPILS - CONSTRICTION

SALIVA - STIMULATION

AIRWAYS - CONSTRICTION

HEART - SLOW HEARTBEAT

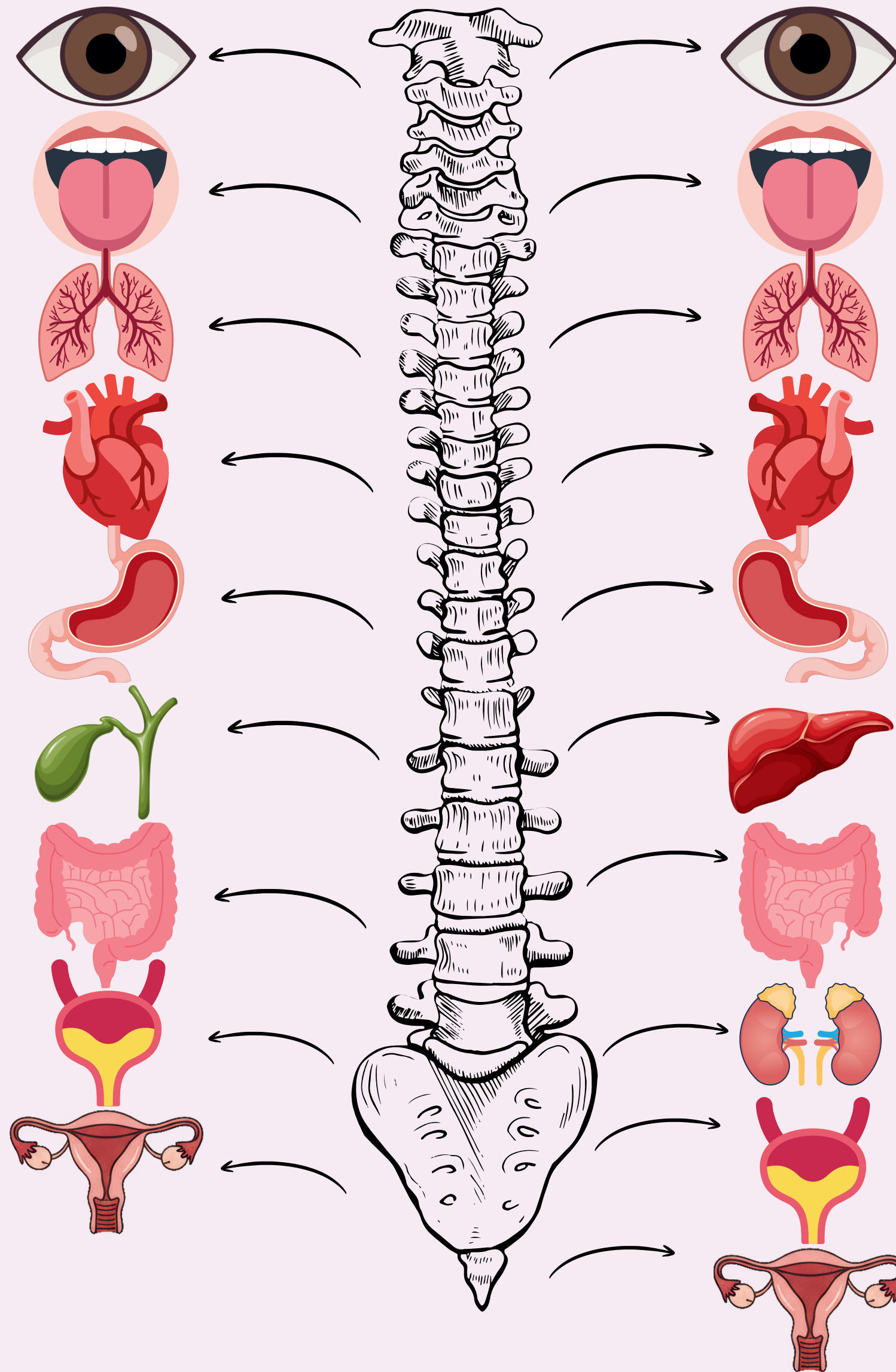
DIGESTION - STIMULATION

GALLBLADDER - STIMULATION

INTESTINE - STIMULATION

BLADDER - CONSTRICTION

REPRODUCTIVE SYSTEM - INCREASE IN BLOODFLOW



Sympathetic

'S' for 'Stress'

PUPILS - DILATION

SALIVA - INHIBITION

AIRWAYS - DILATION

HEART - RAPID HEARTBEAT

DIGESTION - INHIBITION

LIVER - GLUCOSE RELEASE

INTESTINE - INHIBITION

ADRENAL GLANDS - EPINEPHRIN AND NOREPINEPHRIN RELEASE

BLADDER - RELAXATION

REPRODUCTIVE SYSTEM - DECREASE IN BLOODFLOW