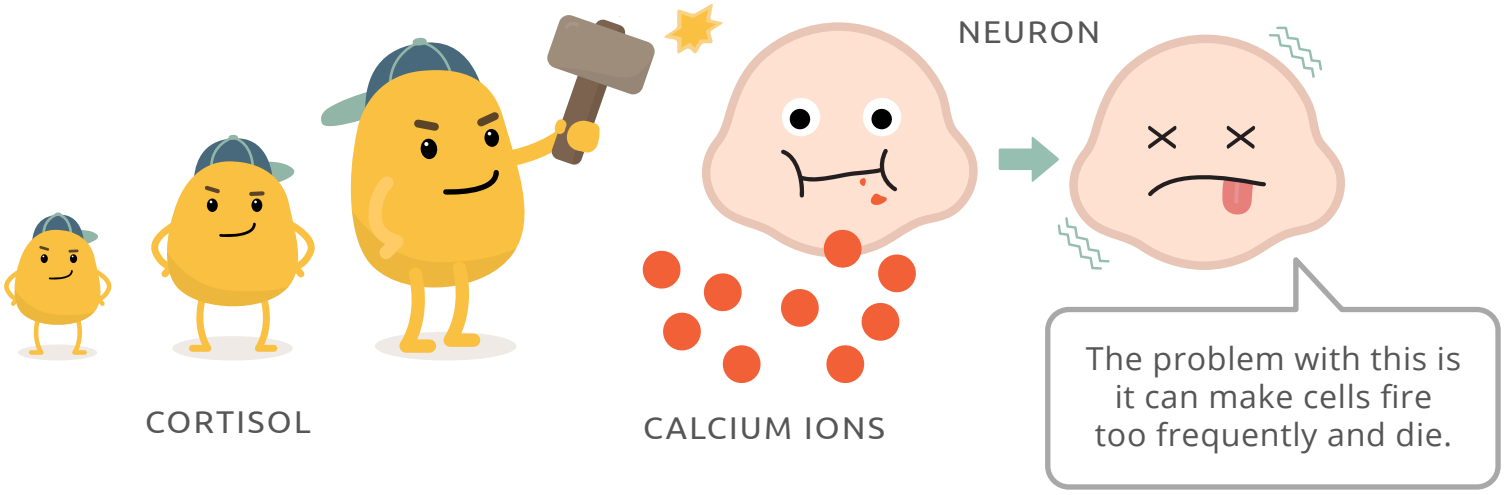
HOW ANGER AFFECTS YOUR BRAIN AND BODY: PART 2

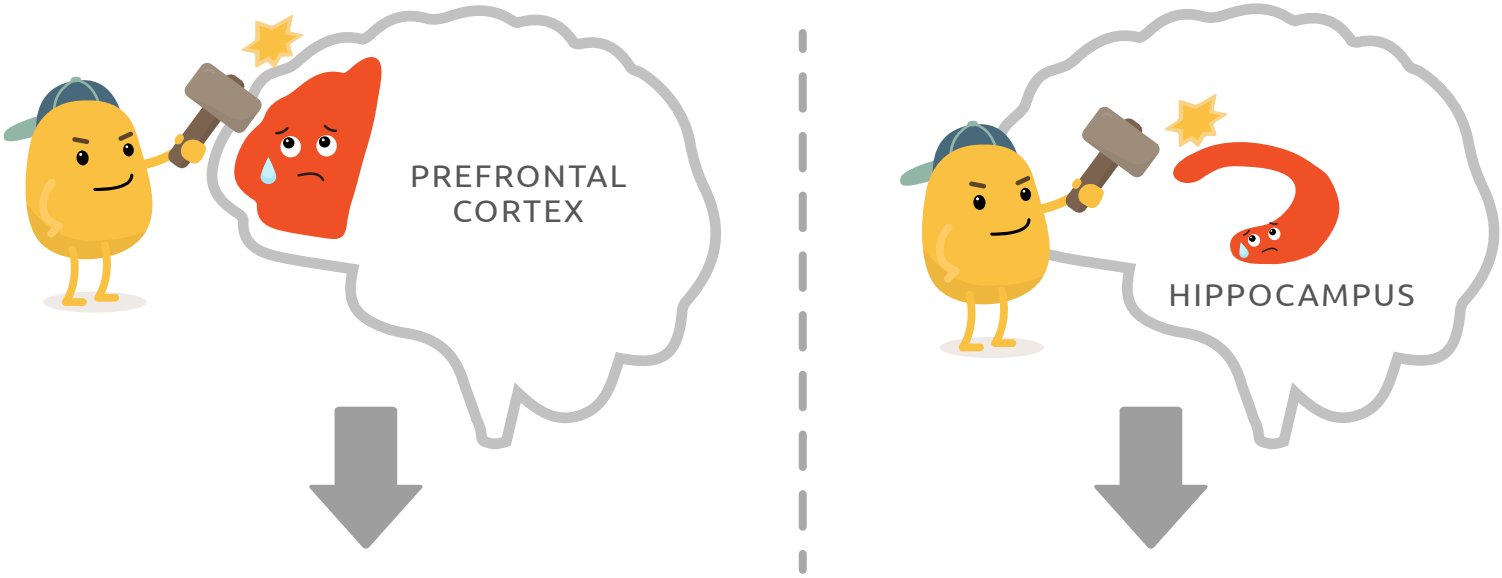
HOW STRESS HORMONES CAN CHANGE YOUR BRAIN

Where do these stress hormones come from?
To find out, check out Part 1 of this infographic series.

1 Elevated cortisol can cause your neurons to take in too much calcium through their membranes.



2 Too much cortisol can cause a loss of neurons in your prefrontal cortex (PFC) and hippocampus.



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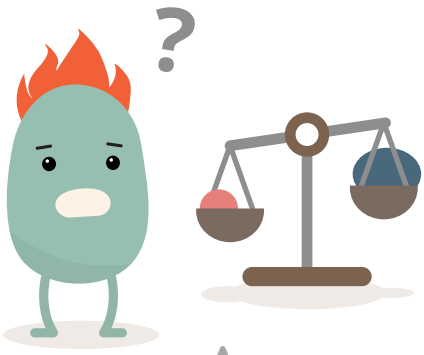
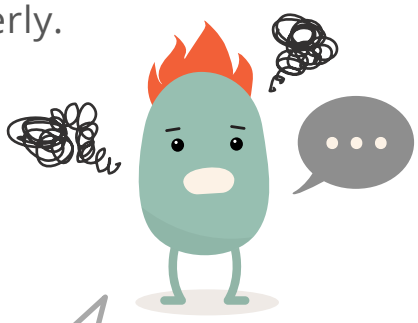
3 Suppressed activity in your prefrontal cortex (PFC) can prevent you from using your best judgment.



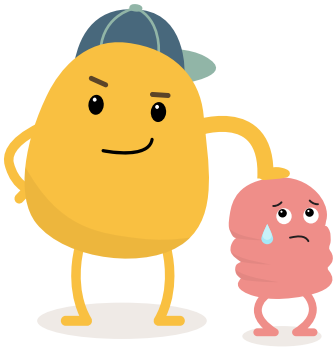
This is why you might not make good decisions or plan well for the future when you're upset.

4 Too much cortisol in your hippocampus can kill neurons and keep your brain from making new ones. This can weaken your short-term memory and prevent you from forming new memories properly.



This is why you might not remember what you want to say in an argument.

5 Too much cortisol can decrease serotonin – that's the hormone that makes you happy.



CORTISOL SEROTONIN

A decrease in serotonin can make you feel anger and physical pain more easily.

This also might be why you act in more aggressive ways or feel depressed.

As you can see, these hormones can have a big impact on your brain. But that's not all they might do.

Coming soon: How Anger Affects Your Brain and Body, Part 3 – exploring what the stress hormones can do to your immune system, cardiovascular system, and more.

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