

ATLAS OF FEAR

EYES

Fight-or-flight hormones like norepinephrine dilate your pupils to improve vision.

HEART

Your heart pumps faster, increasing blood pressure to accelerate the delivery of oxygen. Prolonged high blood pressure increases your risk of heart attack or stroke.

LUNGS

Your breathing rate increases as your lungs take in more oxygen. Long-term stress responses exacerbate asthma, and hyperventilation can trigger a panic attack.

SKIN

Sweat glands start working to cool the body down. But long-term stress can suppress wound healing, making the body prone to infection.

HORMONES

The adrenal glands secrete cortisol, a stress hormone. Too much cortisol corrodes bones and muscles and weakens the immune system, diminishing an immune response.

STOMACH

The stomach stops digesting so the body can divert energy elsewhere. Slow digestion may result in an increase in stomach acid, causing nausea or inflaming an ulcer.

INTESTINES

During a stress response, blood is shunted away from the intestines. Continually suppressed digestion can trigger irritable bowel syndrome.

