

Stress changes your brain?

You better believe it.

The body is self-healing and self-regulating when the central nervous system works correctly. This means the nervous system can detect health issues early on and goes to work to heal the body.

Chronic stress causes physical changes in the nervous system. Your ability to correctly perceive the world around you will be distorted and you will have a harder time responding correctly to stress.

Stress shrinks the brain, reducing memory and learning. It also stirs up the part of the brain involved with restraint, fear, and anger, making one more defensive, fearful, and stuck in defense mode.

Stress can trigger a chemical change in the hippocampus (a part of the brain involved with learning, memory, and position in space) which changes nerve connections resulting in irritability, loss of socialization, avoidance of interactions, and decreased memory and understanding.

When the nervous system becomes stuck in the “fight or flight” pattern (stress response) it loses its ability to grow and heal. The healing part of the nervous system weakens and ill health results. Illnesses result.

The **most common** illnesses are high blood pressure, sleep problems, fatigue, pain, digestive issues, and hormone issues but any disease/illness can result from a body whose brain and nervous system do not work properly.

When your brain is stuck in a fight or flight pattern, you will have pain as well as ill health. If you have pain because your nervous system is stressed, the pain will never fully resolve.

How do you know if your nervous system is responding correctly to stress?

Get checked!