Inclusive Space

NHS
Leicestershire Partnership
NHS Trust

What happens in the brain and body in anxiety?





Anxiety trigger

Brain Alarms (Amygdala)



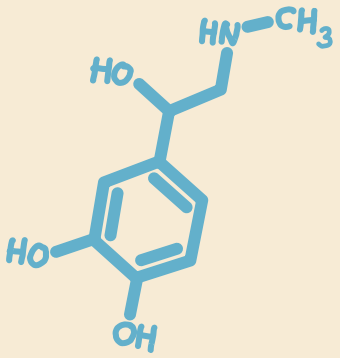


Body goes into fight

Body goes into flight

Body goes into freeze





Body releases adrenaline and cortisol







The body reacts for 20 to 30 minutes. When unsafe or overwhelmed, the body can stay on high alert for longer.