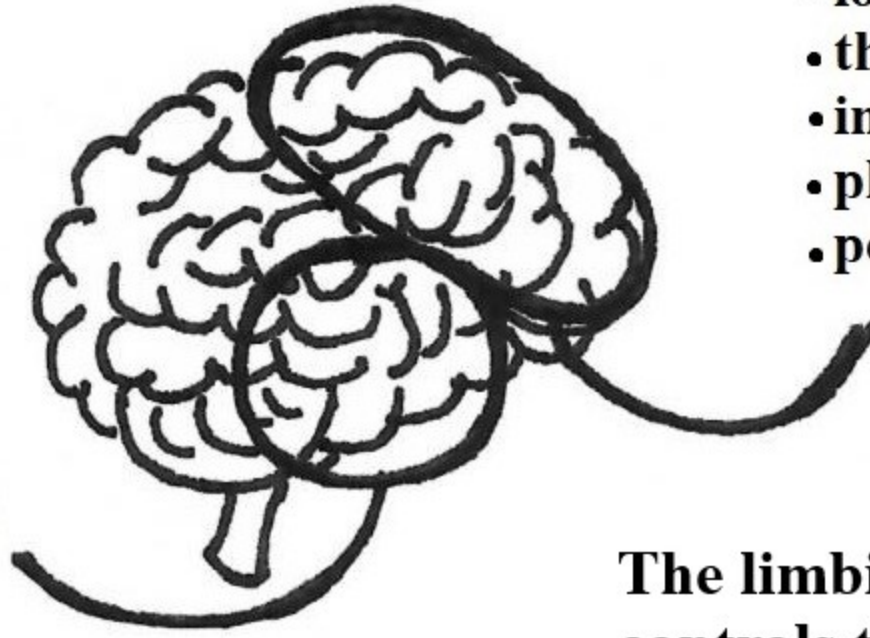


Your Body on PTSD

Limbic System

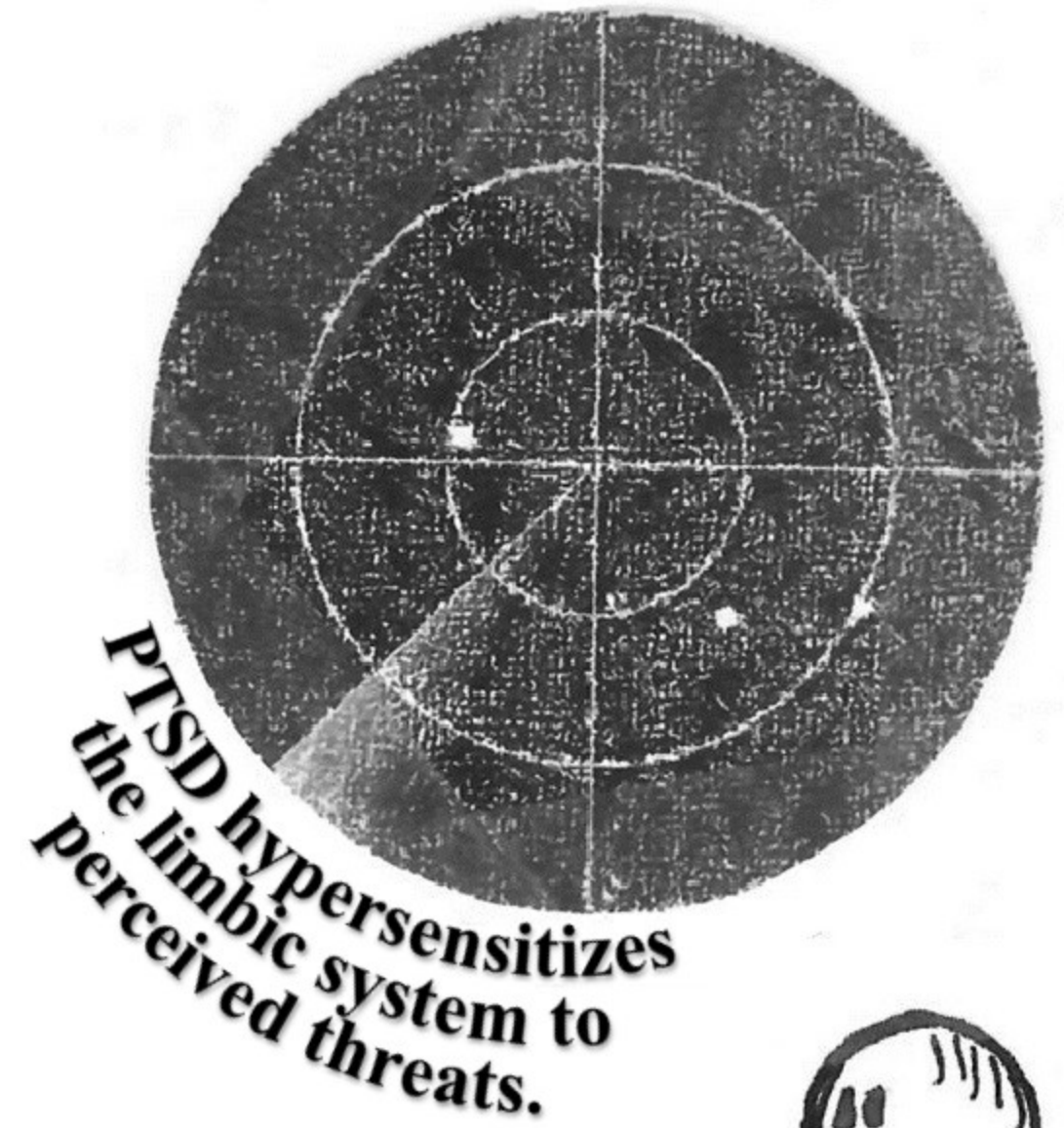
- emotions
- feeling brain
- memories
- arousal
- sensory processing



The limbic system controls the flight/fight/freeze response.

Prefrontal Cortex

- logical
- thinking brain
- impulse control
- planning
- personality



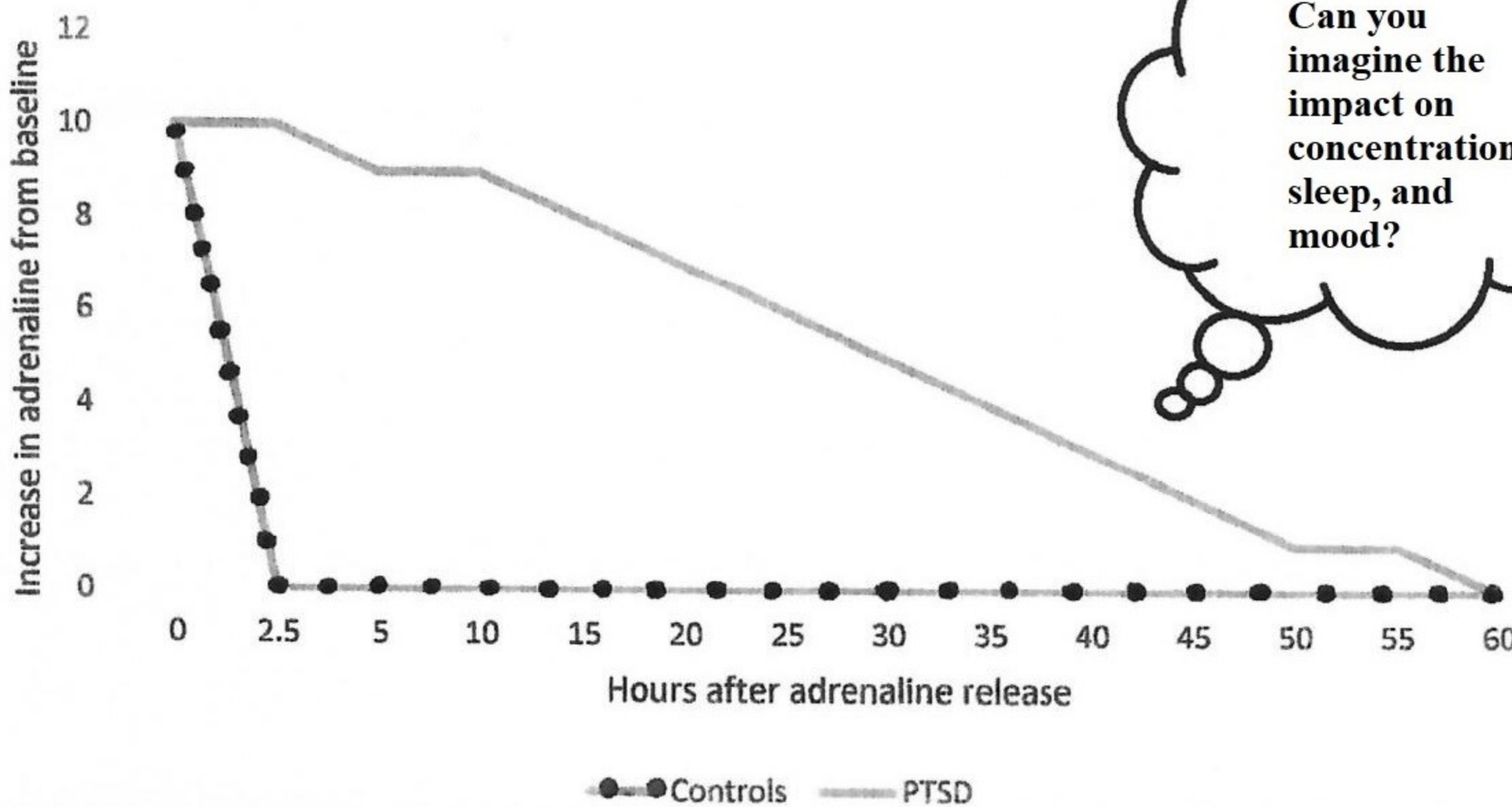
The average limbic system activates in response to overt, life-threatening situations.

VS.

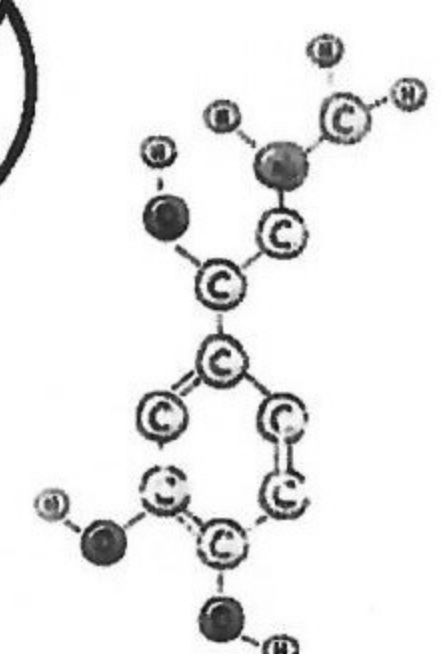


The limbic system on PTSD perceives threat in potentially benign situations & responds as if they are real threats.

Hours to Metabolize Adrenaline



Can you imagine the impact on concentration, sleep, and mood?



ADRENALINE
epinephrine

Frequent & prolonged activation of the limbic system can cause many problems, including: digestive problems, heart disease, headaches, weight gain &/or weight loss, memory & communication problems, elevated inflammatory processes, compromised immune systems, insomnia, anxiety, depression, suicidality, etc.