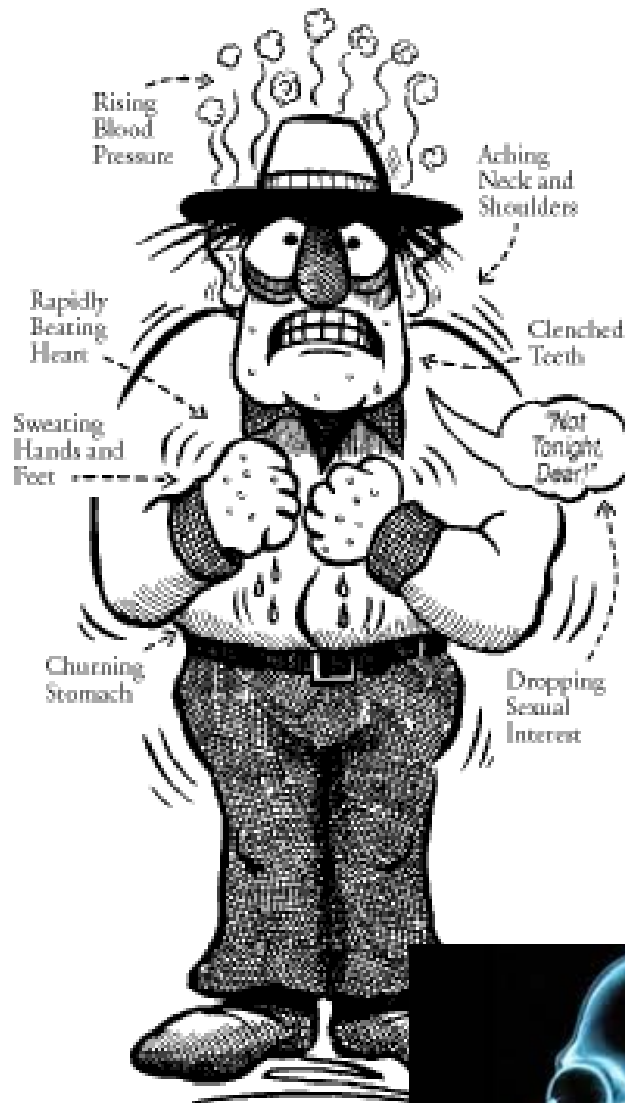


Stress as a bodily response



The sympathomedullary pathway

Hypothalamus activates the adrenal medulla

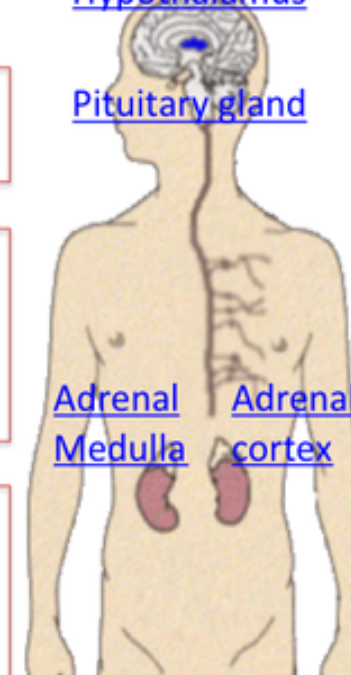
Adrenal medulla (controlled by the ANS) releases adrenaline & noradrenaline into the bloodstream

Body prepares for 'fight or flight'
Adrenaline & noradrenaline reinforces the pattern of sympathetic activation e.g. increased heart rate & blood pressure etc

Energy

Hypothalamus

Pituitary gland



The pituitary-adrenal system

Higher brain centres activate hypothalamus

Hypothalamus releases corticotrophin (CRF)

Pituitary gland releases adrenocorticotrophic (ACTH)

Adrenal cortex releases corticosteroids

Corticosteroids causes changes- liver releases energy & the immune system is suppressed



<http://aspsychologyblackpoolsixth.weebly.com/biological-stress-response.html>

First Responder/ Family and Marital Stressors

- Relationship stressors
- Successful coping patterns/ what works
- Relationship rules
- Support networks for S.O./spouses