

<b>What have we learned from this example?</b>	<b>Your insights</b>
<p>The response to threat comes largely from the old brain</p>	
<p>Analysing what is happening takes place in the neocortex – the newer part of the brain</p>	
<p>When you experience threat, the SNS takes over to prepare your body for action</p>	
<p>Your body is prepared for flight or fight – some systems are stimulated (heart-rate increased, glucose pouring into the blood), others are closed down because they are not needed (digestion, reproduction, immune system)</p>	
<p>Our body's reaction can be short-term SAM, but there is also another reaction which lasts much longer (HPA)</p>	