

The Stress Response

Body & health

What the body does under stress, and why chronic stress differs from acute.

The sequence, from perceived threat to recovery.

1 Detection

The amygdala flags a threat, before conscious appraisal.

2 Immediate response

Adrenaline: heart rate up, breathing fast, blood to muscles, digestion paused.

3 Sustained response

Cortisol rises over minutes, releasing glucose and suppressing non-urgent systems.

4 Recovery

The parasympathetic system restores baseline — if the threat ends.

WHEN IT DOES NOT END

Sleep disruption
Impaired immunity
Digestive problems
Difficulty concentrating

General education. Persistent stress affecting daily life is worth raising with a clinician.