

The Science of an Amygdala Hijacking

Situation:

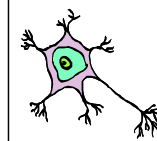
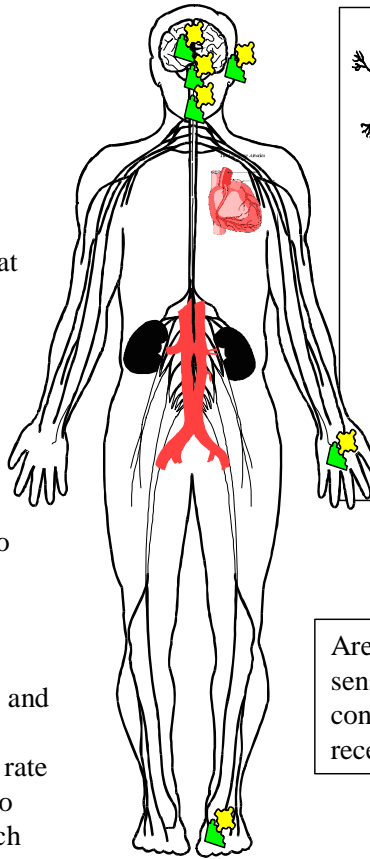
- Presenting a speech to a large crowd.

Stimuli:

- Your mind “remembers” that this type of activity scares you.
- As you begin to see and hear things that indicate that your speech is about to begin, your feelings of nervousness increase.

What is Happening to Your Body:

- Once your mind has “told” you that this situation frightens you, adrenaline is released from the adrenal glands into the bloodstream.
- The adrenaline then fits into the target receptor sites on the heart, brain, iris, smooth muscle tissues of the intestine, and other organs. This produces various biological responses, such as the heart rate increasing and the eyes dilating. It also increases circulation to the limbs, which can make a person feel “jumpy.”



The neuron is the basic cell of the nervous system, carrying information between the body and the brain. Receptors on the cell find a fit with the appropriate neuropeptide (e.g., adrenaline, serotonin, etc.) to deliver emotional messages between the brain and the body.

Areas associated with the five senses tend to have a high concentration of neurpeptide receptors, or nodal points.