

# *The Autonomic Nervous System Explained*



## The Sympathetic Nervous System

- Fight or flight
- Prepares the body for stress
- Cortisol and adrenaline
- Increases heart rate and blood pressure
- Decreases digestion



## The Parasympathetic Nervous System

- Rest and digest
- Returns the body to a calm state
- Growth hormones, DHEA, Melatonin
- Decreased heart rate and blood pressure
- Repairs the body

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# The Autonomic Functions And The Personality

**Léo Pomar**



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