

Anxiety and the Brain: A Simple Breakdown

Prefrontal Cortex

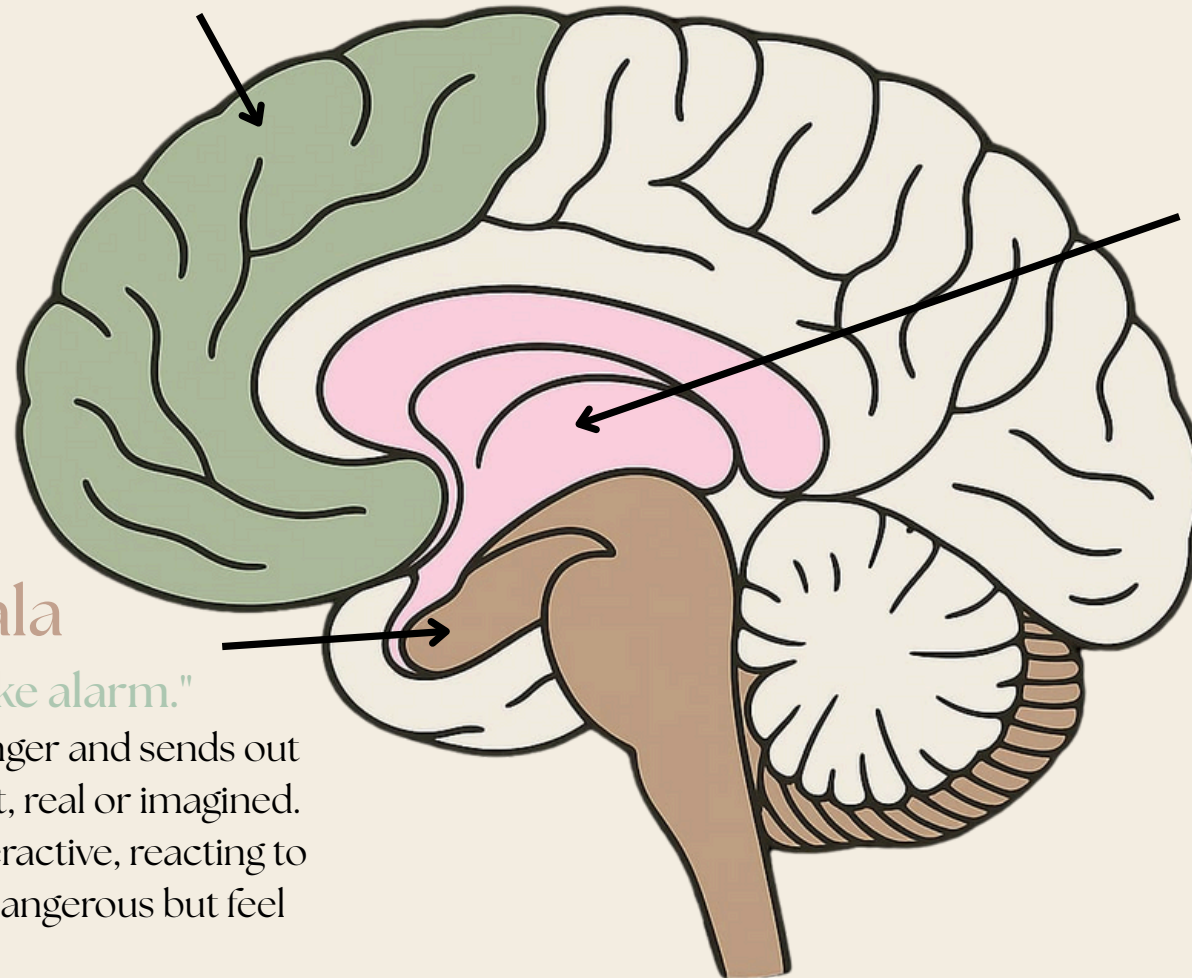
"The thinking part of your brain."

This area helps you plan, make decisions, and assess risk. When it's working well, it can calm the alarm signals from the amygdala. But during anxiety, it often gets "hijacked", making it harder to think clearly or rationally.

Hippocampus

"Your memory filter."

This part helps you store and recall memories, especially emotional ones. It works closely with the amygdala and can reinforce anxiety if it brings up past experiences that were frightening or stressful, even if they're no longer a threat.



Amygdala

"Your brain's smoke alarm."

This small area scans for danger and sends out alerts when it senses a threat, real or imagined. In anxiety, it can become overactive, reacting to situations that aren't truly dangerous but feel that way.

