HOW TRAUMA AFFECTS THE BRAIN

Prefrontal Cortex

Rational thinking regulates emotions such
as fear responses from
the amygdala - with
PTSD this has a reduced
volume

Hippocampus

Responsible for memory and differentiating between past and present – works to remember and make sense of the trauma.

With consistent exposure to trauma, it shrinks.

Amygdala

Wired for survival, when active it is hard to think rationally. The more hyperactive the amygdala is, the more signs of PTSD are present.

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