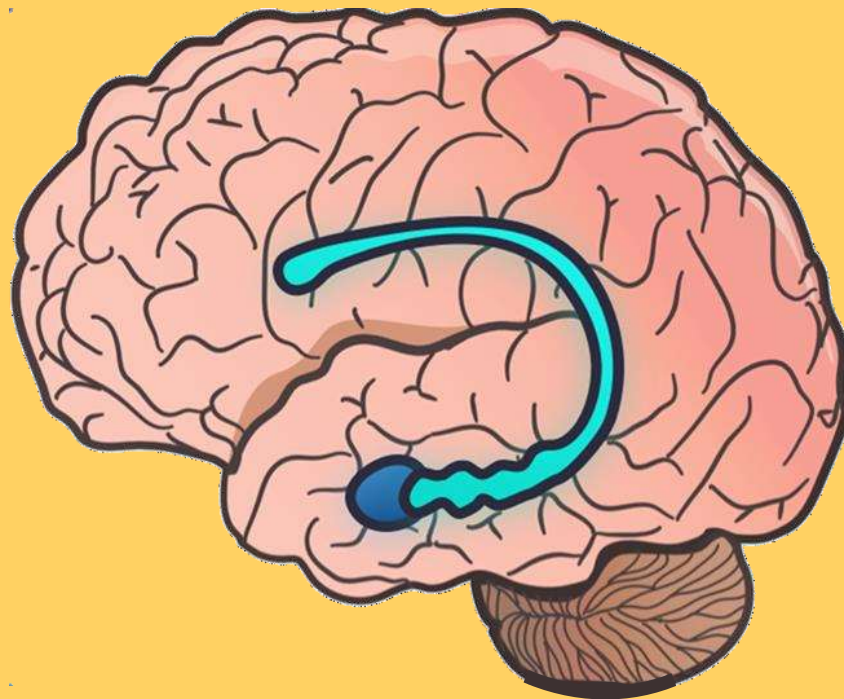


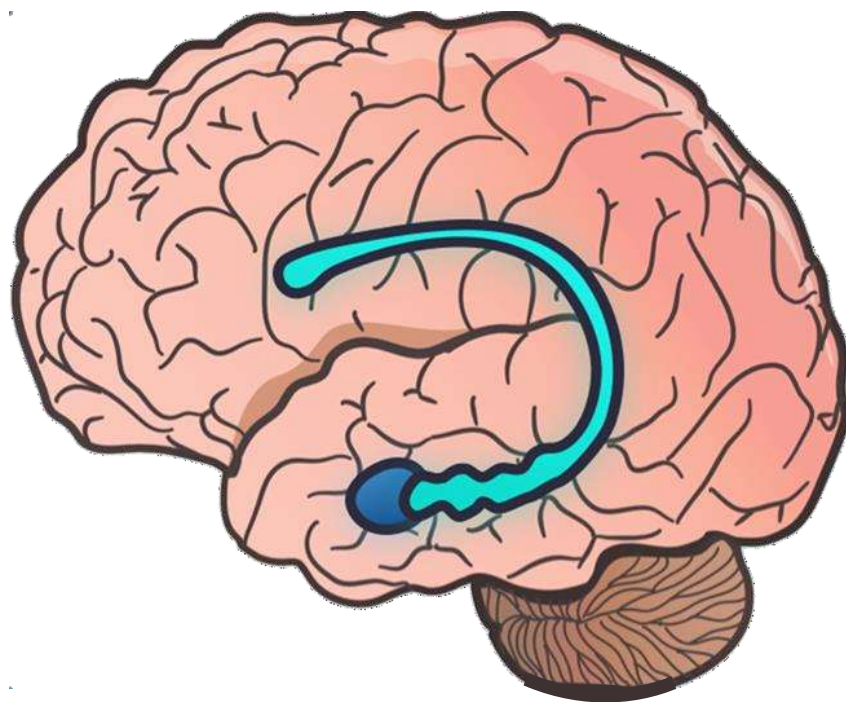
Where Is It Experienced



Several Parts Of The Brain Are Implicated In Anxiety Signaling

- **The amygdala:** one of its' jobs is helping us to perceive **emotions** such as anger, fear and sadness. It also helps store **memories** of situations and feelings in order to help recognize similar events in the future (e.g., if you have been swooped by a magpie, you are likely going to be wary around magpies in the future).
- **Hippocampus** one of its' jobs is to store and retrieve memories and to encode short-term memory into long-term memory. In people with high rates of anxiety, the hippocampus may not be functioning optimally, leading to difficulties in a person's ability to overcome fear responses. The hippocampus sends signals to other areas of the brain - including the amygdala that has been shown to control anxiety-related behaviour.

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