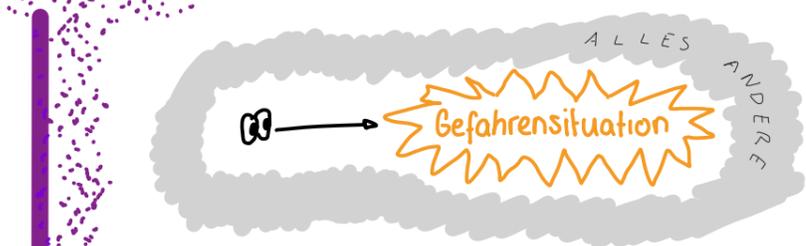


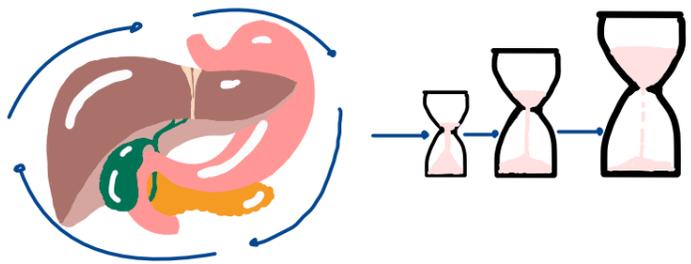
# Wie wirkt sich Stress auf Hormone und Stoffwechsel aus?

## akuter Stress

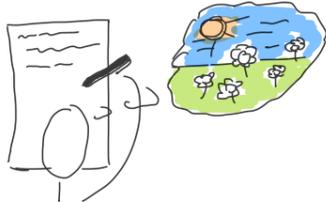
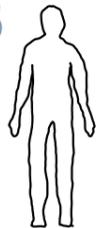
Adrenalin + Noradrenalin



Instinkte



Entspannung



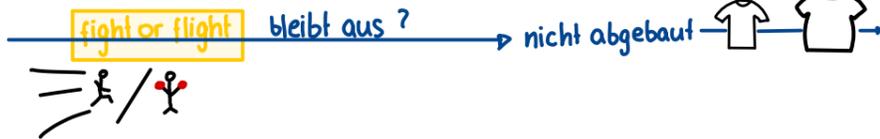
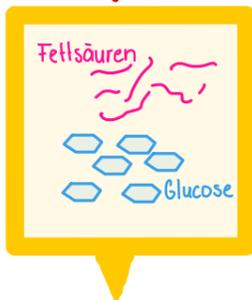
## länger andauernder Stress

Nebenniere

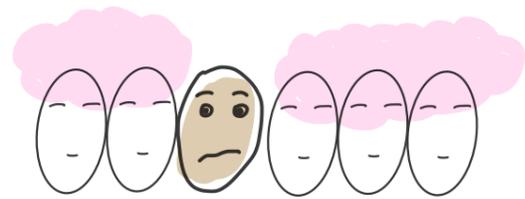
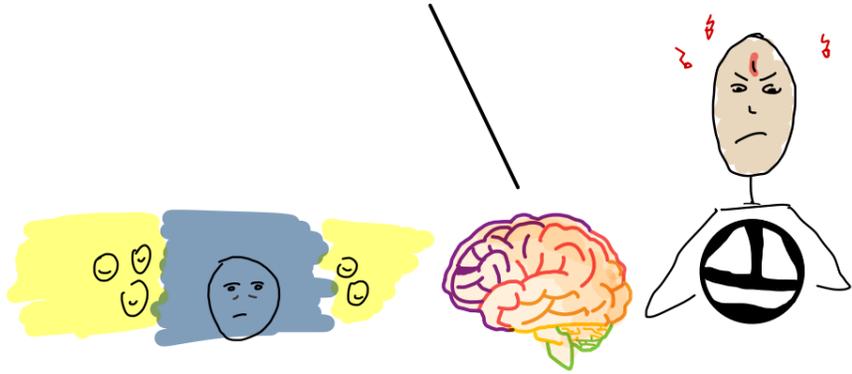
Cortisol



Leber



## Auswirkungen von Dauerstress und einem erhöhten Cortisolspiegel



## Wie wirkt sich Sport auf die Psyche aus?

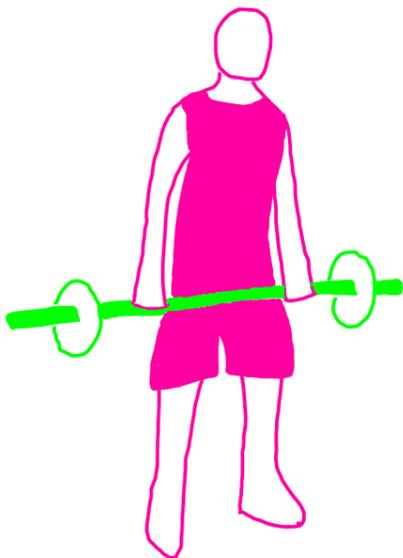
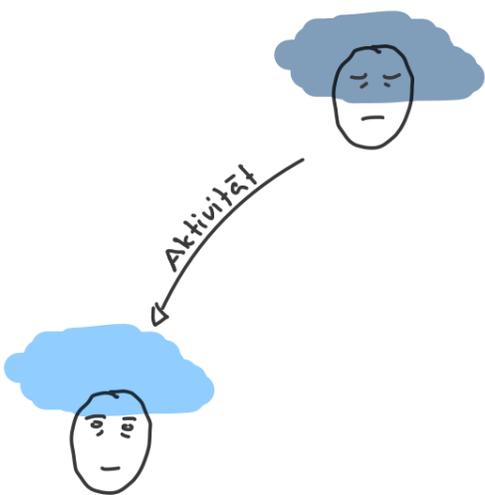
Deadlines Sorgen  
Probleme **STRESS**  
Aufgeben  
To-Do Zeit



Aktivität



Aktivität



Aktivität

