

Understanding the Link between Stress & Depression

- **When our amygdala is alerted to fear, it instructs our adrenal glands to release cortisol, priming our body to respond**
- **Cortisol promotes cellular inflammation, preparing our immune system to deal with impending injury**
- **With physical stress, cortisol is released for a short period, whilst the impending danger is present**
- **With psychological stress, however, cortisol is released for long periods, because psychological stress is prolonged through our ability to ruminate about our problems**
- **As a result of prolonged psychological stress, our brain and body can become systematically inflamed, due to the continued presence of cortisol**
- **The scientific link between systemic inflammation and depression is well proven**
- **Through mind training practice, we can balance our autonomic nervous system, calm our fear radar and reduce our levels of cortisol and inflammation, thereby developing resilience to inflammatory and melancholic depression.**