

# The Sympathetic and Parasympathetic Nervous Systems

## The Two Branches of the Autonomic Nervous System

	<b><i>Sympathetic System</i></b>	<b><i>Parasympathetic System</i></b>
Function	Defends against attacks	Healing, regeneration and nourishing the body
Overall Effect	Breaks down the body (catabolic)	Builds up the body (anabolic)
Organs and Glands it Activates	The brain, muscles, insulin from the pancreas, the thyroid and adrenal glands	The liver, kidneys, enzymes from the pancreas, spleen, stomach, and intestines
Hormones and Substances It Increases	Insulin, cortisol, and thyroid hormones	Parathyroid hormone, pancreatic enzymes, bile and other digestive enzymes
Body Functions Activated	Raises blood pressure, and blood sugar, & increases heat production	Activates digestion, elimination & the immune system, allows sleep
Psychological Qualities	Fear, guilt, sadness, anger, willfulness and aggressiveness	Calmness, contentment & relaxation
Factors That Activate This System	Stress, fears, anger, worry, excessive thinking and too much exercise	Rest, sleep, meditation, relaxation and feelings of being loved