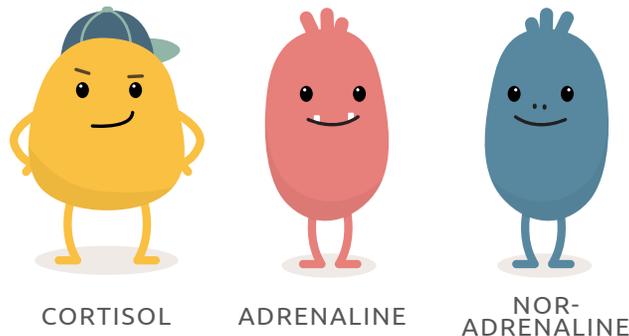


# HOW ANGER AFFECTS YOUR BRAIN AND BODY: PART 3

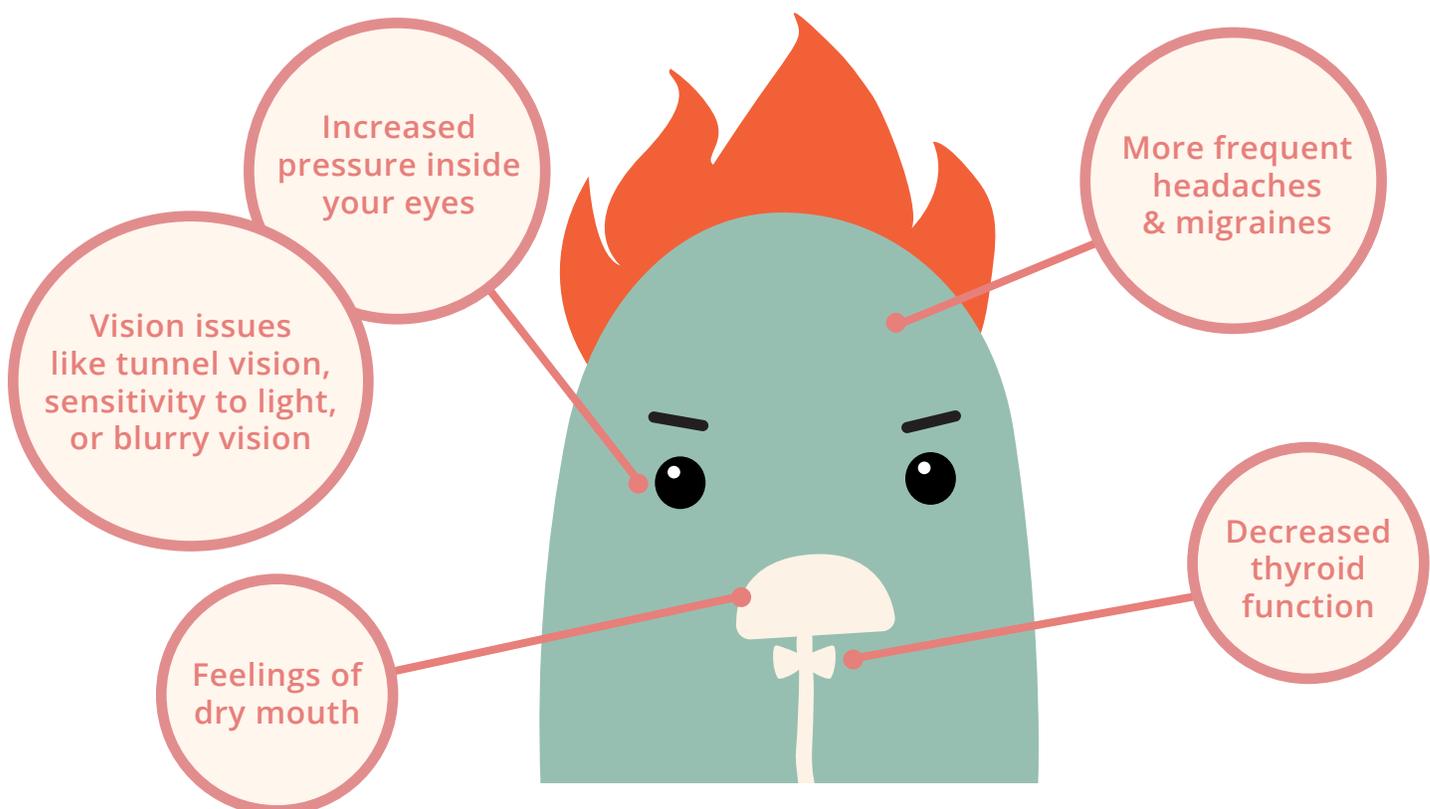
## HOW STRESS HORMONES CAN IMPACT YOUR BODY

To find out where these stress hormones come from, [check out Part 1](#). And for more on what they are up to in your brain, [check out Part 2](#).

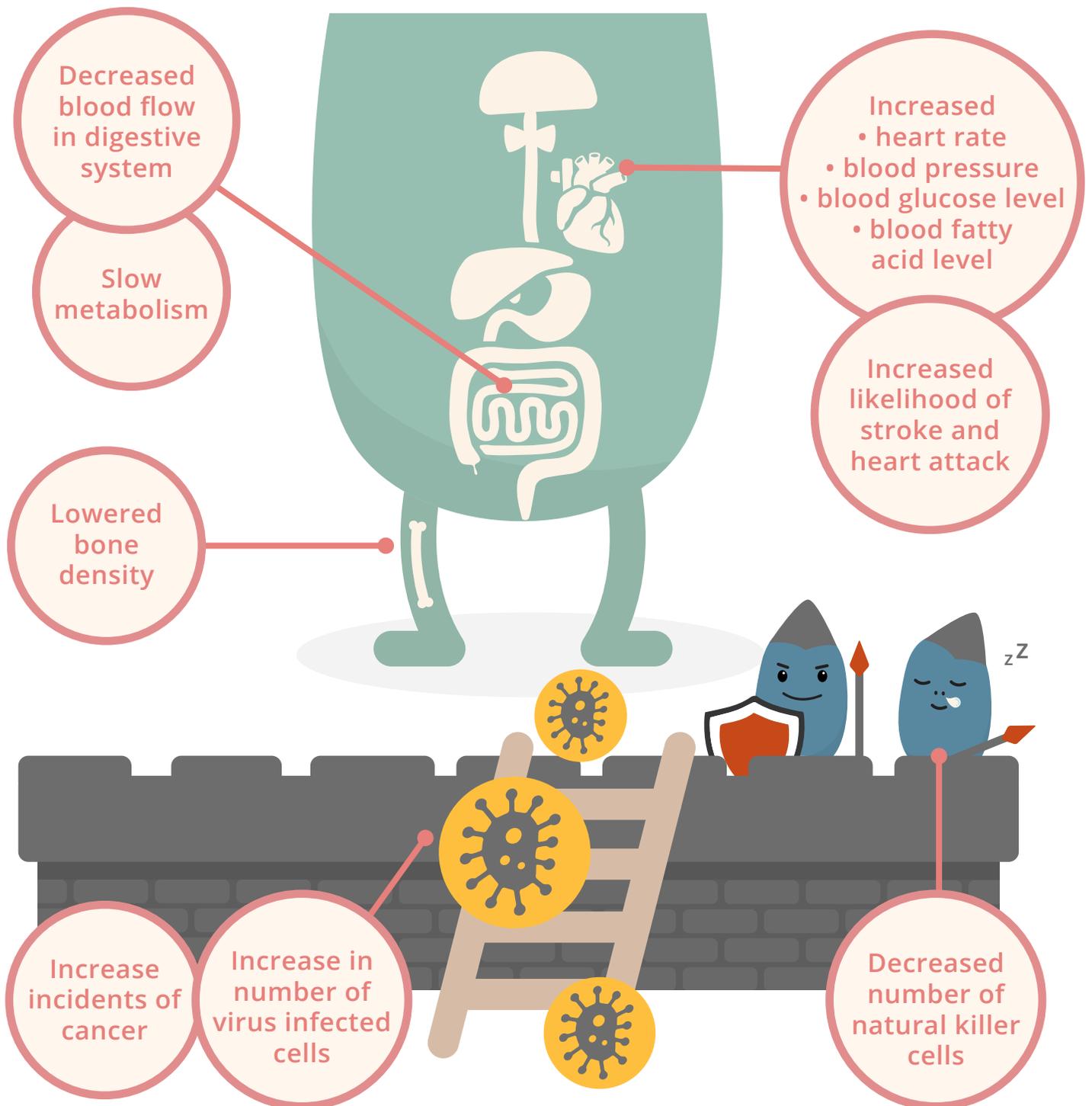
Anger causes the release of stress hormones like cortisol, adrenaline, and noradrenaline.



These hormones give your body bursts of energy so you can cope with negative situations accordingly. However, too much of these hormones or repeated exposure to these hormones can begin to negatively impact important parts of your body.



# HOW ANGER AFFECTS YOUR BRAIN AND BODY: PART 3



Even after the feeling of anger passes, its impact lingers in your body much longer. And the more often you get angry, the more these hormones can get to work in your body. That's why it is important to recognize when you're angry and take steps to calm this powerful emotion.