



True or False?!

4 in 10 young people identified mental health as the top issue facing Australia today

True or False

When stressed your adrenal glands pump adrenaline, which raises your heart rate, your blood pressure, and increases the amount of sugar in your blood.

True or False

Of the total blood and oxygen that is produced in our body, the brain gets 2% of it.

True or False

All stress is bad and unhelpful.

True or False

When we perceive danger our adrenal cortex sends out cortisol, part of the stress response. This helps you run fast when you're escaping a predator.

True or False

The part of the brain called the Amygdala is responsible for interpreting danger, sending stress signals to other parts of the brain.

True or False

Stress kills brain cells; a calm environment permits their growth.

True or False

Stress only affects unwell people.

True or False

Though anxiety disorders are highly treatable, only about 2/3 of those suffering receive adequate treatment or counselling.

True or False