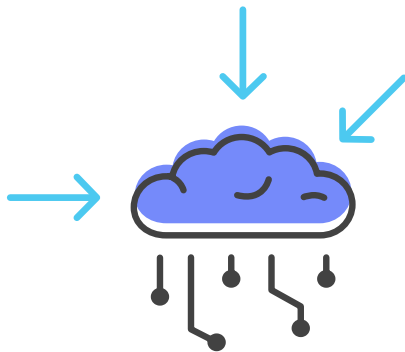


OUR BRAIN IS MADE UP OF CELLS CALLED NEURONS.

These neurons constantly communicate with each other, creating “neural networks” that allow us to process information, learn, and make decisions.



As our brain takes information in, it responds to it with different “outputs”.

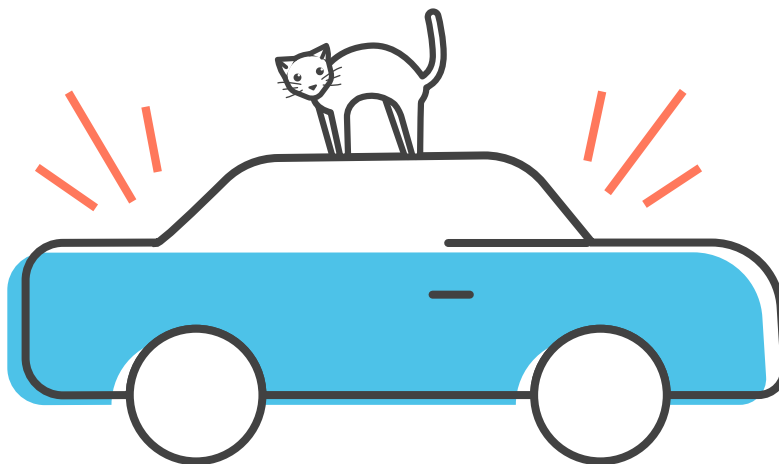
Examples of brain outputs:

Movement | Muscle tension | Pain

These are all outputs of the brain meant to protect us!

THE ALARM SYSTEM CAN CHANGE, AND BECOME OVERLY SENSITIVE.

An example of a sensitized alarm system is a car alarm. The car alarm is there to protect from theft. But sometimes all it takes is a cat jumping on the hood for the alarm to be set off, even though no one is trying to break in.



When we have pain for long periods of time, our alarm system actually becomes more sensitive, meaning it takes less threat and danger signals to sound the pain alarm.