



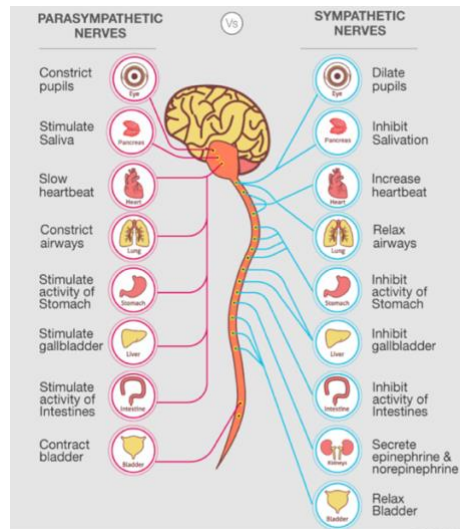
THE PERFORMANCE PROJECT

SYMPATHETIC

THE SYMPATHETIC NERVOUS SYSTEM (SNS) IS ONE OF THE TWO MAIN DIVISIONS OF THE AUTONOMIC NERVOUS SYSTEM. THE SYMPATHETIC NERVOUS SYSTEM'S PRIMARY PROCESS IS TO STIMULATE THE BODY'S FIGHT-OR-FLIGHT RESPONSE.

PARASYMPATHETIC

THE PARASYMPATHETIC NERVOUS SYSTEM (PSNS) IS ONE OF THE TWO DIVISIONS OF THE AUTONOMIC NERVOUS SYSTEM. THE PARASYMPATHETIC SYSTEM IS RESPONSIBLE FOR STIMULATION OF "REST-AND-DIGEST" OR "FEED AND BREED" ACTIVITIES.



Sympathetic	Parasympathetic
Involved in the fight or flight response.	Involved in maintaining homeostasis and also, permits the rest and digest response.
The sympathetic system prepares the body for any potential danger.	The parasympathetic system aims to bring the body to a state of calm.
Sympathetic system has shorter neuron pathways, hence a faster response time.	Has comparatively longer neuron pathways, hence a slower response time.
Increases heartbeat, muscles tense up.	Reduces heartbeat, muscles relaxes.
The pupil dilates to let in more light.	The pupil contracts.
Saliva secretion is inhibited.	Saliva secretion increases, digestion increases.
On "fight and flight" situations, Adrenaline is released by the adrenal glands; more glycogen is converted to glucose.	No such functions exist in "fight or flight" situations.

Adapted from Byju's Biology