Goose bumps can temporarily rise up on parts of your bidy when you feel a blast of cold air or hear a scary noise coming from outside the window. But what exactly makes your skon get all bumpy?

A phisical or emoshional feeling (like cold or fear) triggers an automatic surge of a hormone called adrenaline, which is often released when people feel chily, afraid, or

stressed-out in some way. This subconscious response in your nervous system causes tiny muscles in your hair follicles to contract. These hair-erector muscles, technically nown as Arrectores pilorum, raise the follicles abuve the rest of your skin, and voila! You’ve got bumps.

**Why do we get goose bumps?**