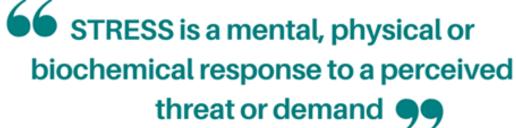
Stress in Childhood

Stress is a natural & inevitable part of childhood, but the TYPE of stress can make a difference in the impact on a child's brain & body.





Positive Stress

Mild stess in the context of good attachment

Tolerable Stress

Serious, temporary stress, buffeted by supportive relationships

Toxic Stress

Prolonged activation of stress response system without protection

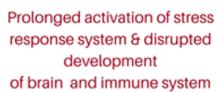


Temporary, mild elevation in stress hormones & brief increase in heart rate



support necessary

More severe, continuing diovascular and hormonal response





Presence of



buffering caring adult

No adult



buffers

Increased RESILIENCE and confidence Development of coping

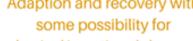
skills



Adaption and recovery with some possibility for physical/emotional damage









Heart disease





Lifelong consequences:

Cancer





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