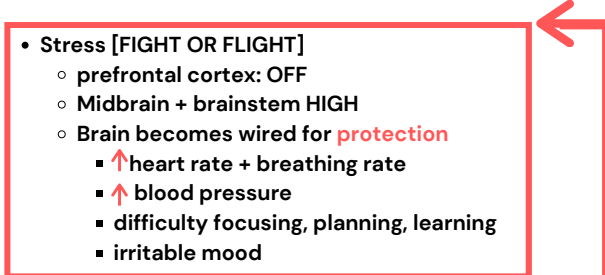
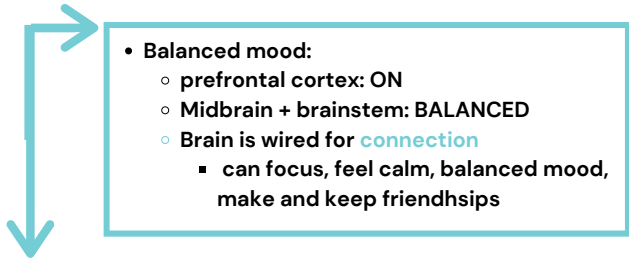
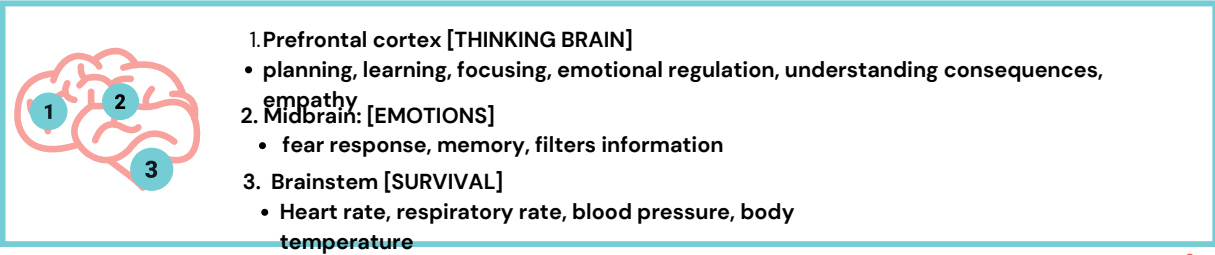


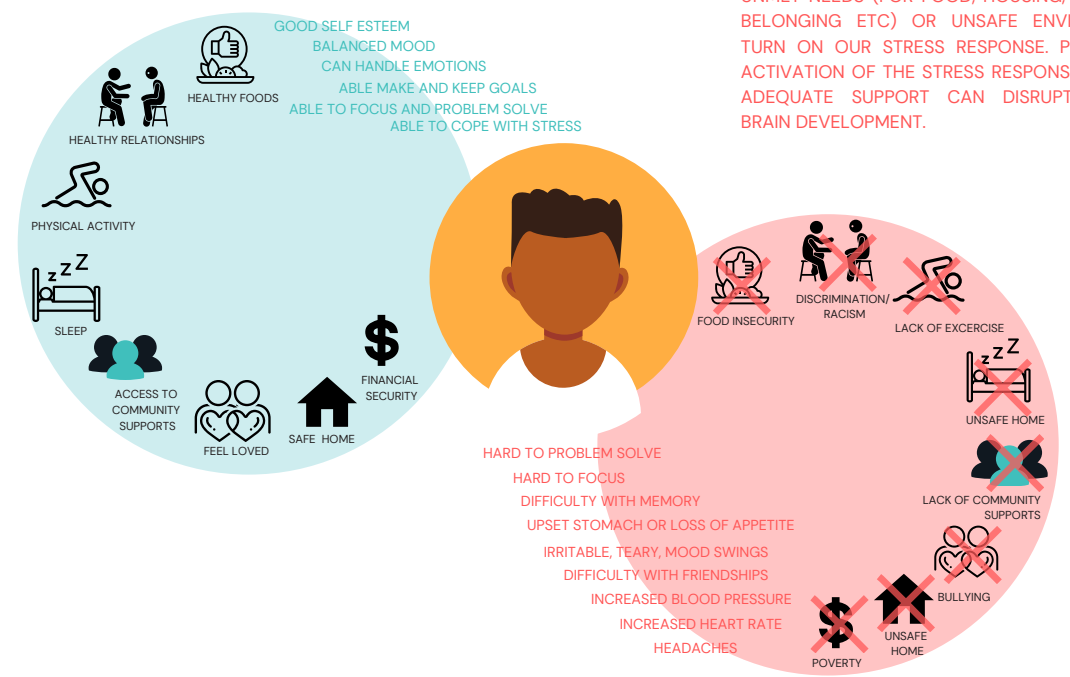
OUR EXPERIENCES HELP SHAPE OUR BRAIN:

- Our brain rapidly develops in the first 5 years of life (HEALTHY experiences set a healthy foundation [kind of like a house])
- Our prefrontal cortex [thinking brain] continues to develop until age 25!
- How our brain is wired and communicates to itself and to the body can change in response to our experiences (good and bad) throughout life [but harder to do as we get older]. We are wired for **connection**, but **stress and threats** wire us for protection (stress response)
 - "Use it or lose it": The parts of our brain that we use often, get stronger, the parts we use less often become weaker.
 - Stress can disrupt healthy brain development, making it more difficult to learn, play, and work as we get older.



SAFE AND NURTURING ENVIRONMENTS: SUPPORT HEALTHY BRAIN DEVELOPMENT

STRESSFUL ENVIRONMENTS: CAN DISRUPT HEALTHY DEVELOPMENT



UNMET NEEDS (FOR FOOD, HOUSING, LOVE, AND BELONGING ETC) OR UNSAFE ENVIRONMENTS TURN ON OUR STRESS RESPONSE. PROLONGED ACTIVATION OF THE STRESS RESPONSE WITHOUT ADEQUATE SUPPORT CAN DISRUPT HEALTHY BRAIN DEVELOPMENT.

POSITIVE STRESS

TOLERABLE STRESS

TOXIC STRESS

<p>BRIEF STRESS RESPONSE PART OF HEALTHY DEVELOPMENT HELPS BUILD RESILIENCE EXAMPLES: FIRST DAY OF SCHOOL, EXAMS STARTING A NEW JOB</p>	<p>SERIOUS TEMPORARY STRESS RESPONSE BUFFERED BY PROTECTIVE FACTORS SUCH AS HAVING CARING RELATIONSHIPS</p>	<p>PROLONGED ACTIVATION OF STRESS RESPONSE WITHOUT THE BUFFER OF CARING RELATIONSHIPS / LIMITED PROTECTIVE FACTORS</p>
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- IMPACT OF TOXIC STRESS:**
- DECREASE ABILITY TO FOCUS
 - DECREASED MEMORY
 - DECREASED FEELING OF SAFETY
 - INCREASED FEAR
 - POOR MENTAL HEALTH
 - POOR PHYSICAL HEALTH