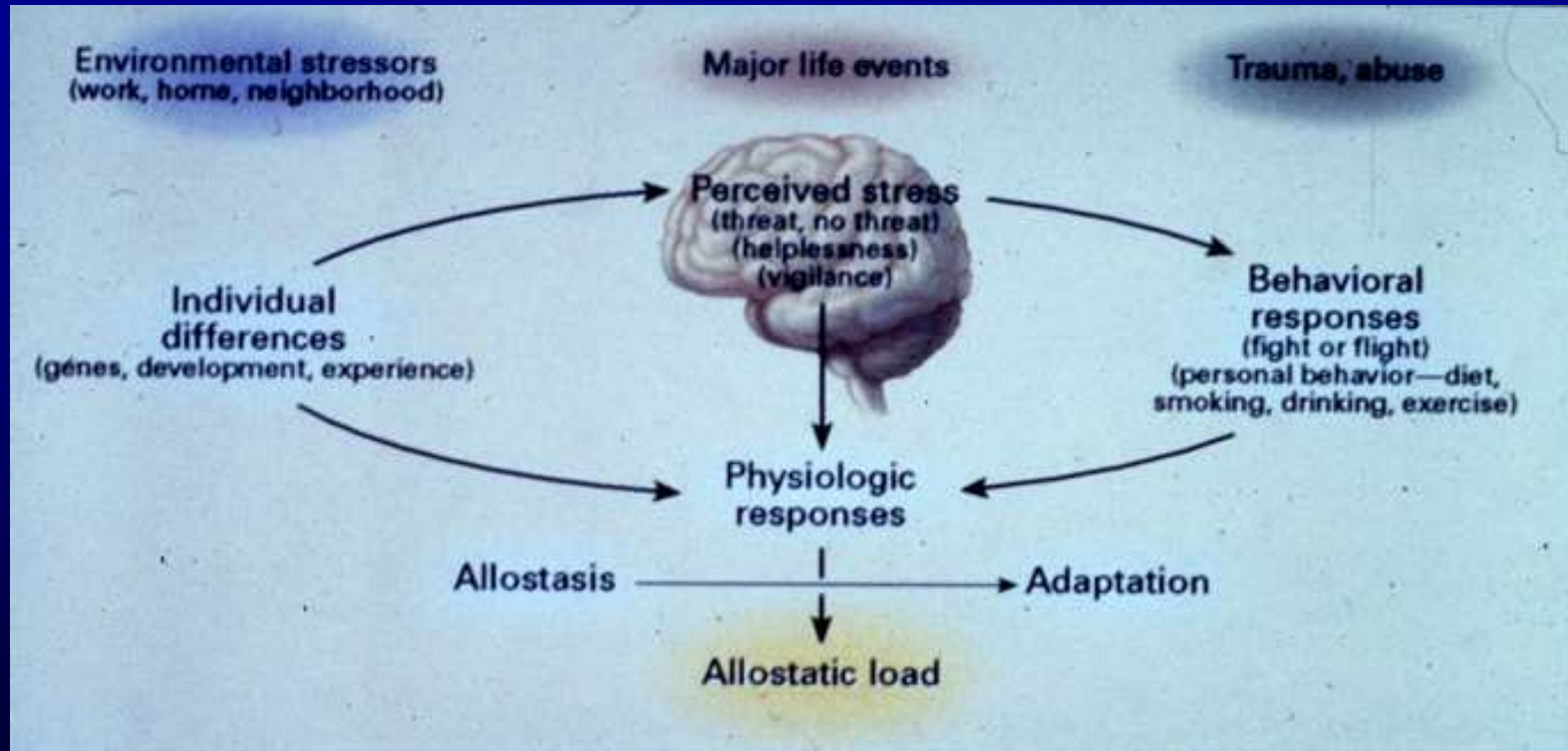
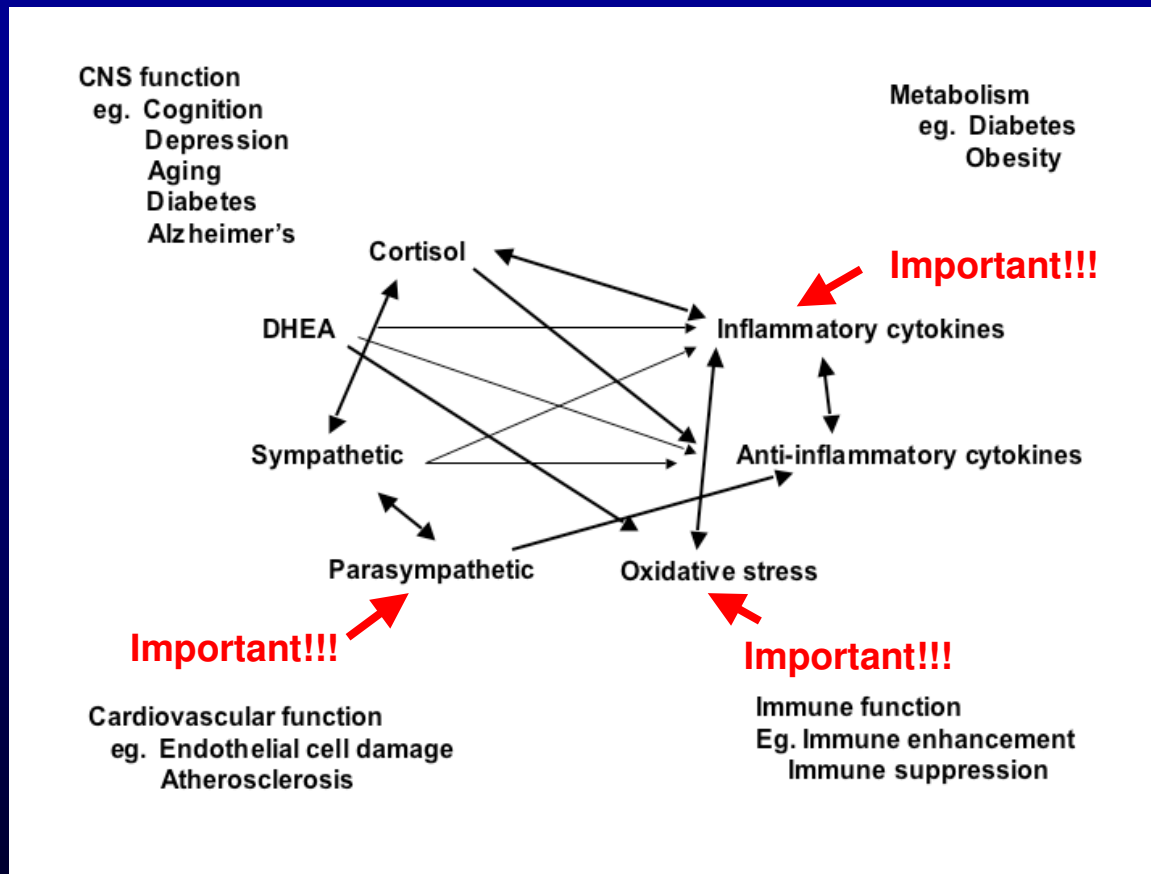


Central Importance of the Brain



Mediators of stress and adaptation: Concurrent effects on brain and body



NON-LINEARITY!!

Lasting effects of early life adversity on physical and mental health

Low socioeconomic status

Poor language skills and executive function
and other effects on learning ability

Chaos in home

- Greater helplessness and distress, poor self regulatory behavior
- Obesity, elevated blood pressure and cardiovascular reactivity

Lasting effects of early life adversity on body fat,
systemic inflammation and poor dental health

Abuse and neglect

Physical and mental health
Shorter lifespan

“Risky families” - cold and unsupportive

Many same consequences but not as extensively studied