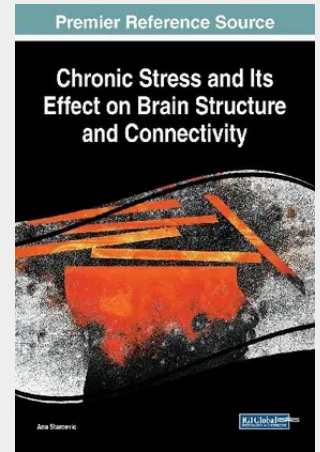


Chronic Stress and Its Effect on Brain Structure and Connectivity

Neuroscientists found that chronic stress and cortisol can trigger long-term changes in brain structure and connectivity in individuals and emphasize the importance of reducing stressful factors in one's daily life. Early exposure to stressful events can make a person more vulnerable to anxiety and other mood disorders later in their lifetime. Those who take active steps to reduce their stress through various means such as physical activity or therapy can reduce the negative long-term effects on the brain. Chronic Stress and Its Effect on Brain Structure and Connectivity is an essential reference source that presents current information on chronic stress management, the impact of mass media coverage on the human mind, and the effects of post-traumatic stress. Featuring research on topics such as the neurophysiological basis of moods, trauma, quantum cognition, mental health, therapy, and neurobiology, this book is ideally designed for mental health professionals, neuroscientists, neurologists, psychiatrists, researchers, and therapists.

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