building brain health

stress and the brain

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

Research shows us that stress and cognition are closely linked. While some stress (such as Eustress) is good for us and motivates us, chronic negative stress can increase our chances of memory impairment and impact our overall cognitive ability. In this session of Building Brain Health, Dr. Rob Winningham shares with us the link between stress, cortisol, and inflammation in the body, and the benefits of mindfulness training in reducing the emotional and physical effects of stress.

*“To be truly engaged at work, your brain needs periodic breaks to gain fresh perspective and energy.”*

*–*Shawn Achor

# NOTES:

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