

Winatcollege#19

STRESS & NEGATIVITY...are rotting your brain

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Stress is a formidable threat for those of us who want to think clearly, reason effectively, and have a decent memory. Exposure to even a few days of stress compromises the effectiveness of the neurons in the hippocampus—an important area of the brain responsible for reasoning and memory. Weeks of stress cause reversible damage to neuronal dendrites (the small “arms” that neurons use to communicate with each other), and months of stress can permanently destroy neurons.

Recent research from the Department of Biological and Clinical Psychology at Friedrich Schiller University in Germany found that exposure to negative emotional stimuli—the same kind of exposure you get in the presence of complainers and otherwise negative people—caused subjects’ brains to have the same emotional reactions that they experienced when stressed. Your brain gets sucked into a negative emotional state when exposed to negative people, and—just like a stress response—the longer you endure this state the worse it is for your brain.

Stress and negativity lurk everywhere. To get detailed strategies to help protect your brain simply reply to this email and Rebekah will send you the full list of practical pointers.

DISCOVER YOUR BIGGEST ASSET...You!

When you find out who you are, everything else, including emotional health, relationships and academics will naturally improve. Visit these sites and spend some time discovering your values, personality and strengths.

Values: <http://www.rit.org/values/valuessurvey.php> & <http://webspace.ship.edu/cgboer/valuestest.html>

Personality: <http://www.engageyourstrengths.com/quiz/> & <http://www.humanmetrics.com/cgi-win/jtypes2.asp>

Strengths: <http://www.quotev.com/quiz/430198/What-is-your-greatest-strength/>

