

HOW STRESS IMPACTS TEENAGERS' BRAINS

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WHAT IS STRESS?

Stress is when the body is under tension, whether emotional or physical.

THE ADOLESCENT BRAIN

During this period the brain is starting to develop as it goes through puberty. This development does not stop until the age of 25.



DECISION MAKING

Decisions are made through the emotional and cognitive sides of the brain. The brain uses the reward system and the outcomes of previous experiences to make decisions. The prefrontal cortex is where this happens.

IMPACT OF STRESS ON BRAIN

In this stage of brain development, the brain is more sensitive to stress-related hormones, leading the brain to be more vulnerable to stress. As stress continues, it causes changes in the parts of the brain that identify emotions. These changes cause the reward system to be altered, changing how the brain views outcomes, which then results in changes to how the brain makes decisions.



IMPORTANCE OF SELF CARE

Understanding that stress can alter the way that we think even until we are adults shows the significance of having a time to relax. Take care of yourself by taking the time to take a breath, and relax.