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Vicious cycle



Is there a connection between stress and cognitive function in older adults as they continue to age over time? This is the conclusion of a study conducted about this subject spanning over a decade involving participants dealing with stress facing difficulties with concentrating, learning new things and memory.



There's a reason that sustained stress can take a toll on the mind over time.

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Pinpointing cause of the stress and it's effect wasn't an easy task mostly because people respond to stress differently. Certain people who are placed under an immense amount of pressure seem to focus, while others fold for some reason. Curiously, people with a higher resilience toward stress appeared to have a measurably lower level of cognitive decline. Whereas, those with a lower tolerance for stress seemed to develop a wide assortment of unhealthy coping mechanisms that contributed to cognitive decline; opposed to stress. Such participants were carefully excluded from the study results, since stress wasn't the predominant cause of their cognitive decline.

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A tragic relationship between stress and cognitive function is vicious cycle with chronic stress that damages gray matter in the brain's prefrontal cortex that's responsible for inhibiting stress responses and providing critical insight.

Floor Covering Media publishes
press releases called Flooring Updates.

Flooring Updates



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For those in the market and those that serve it

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