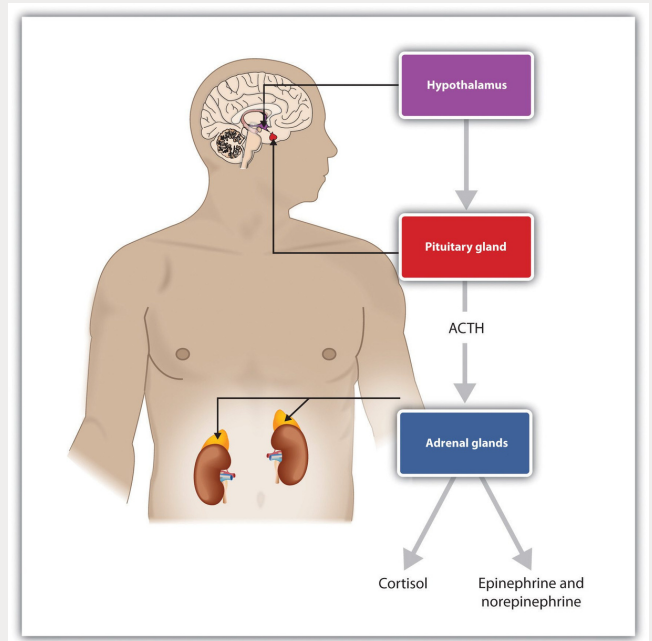
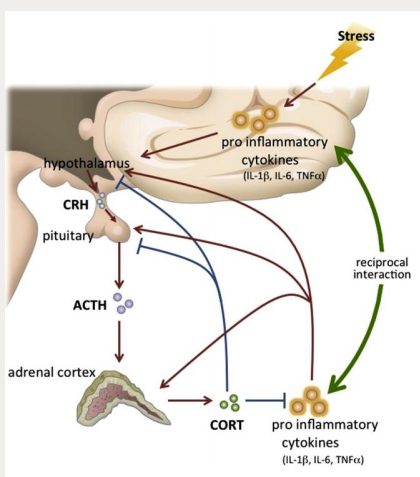


# Why We Need Avoid Triggers Neuroscience Edition

When we are frustrated, it's easy to forget why it is so necessary to say things in a particular way. However, it can make a HUGE difference in how the conflict goes (and whether we internalize the lessons we learned). Here's why!

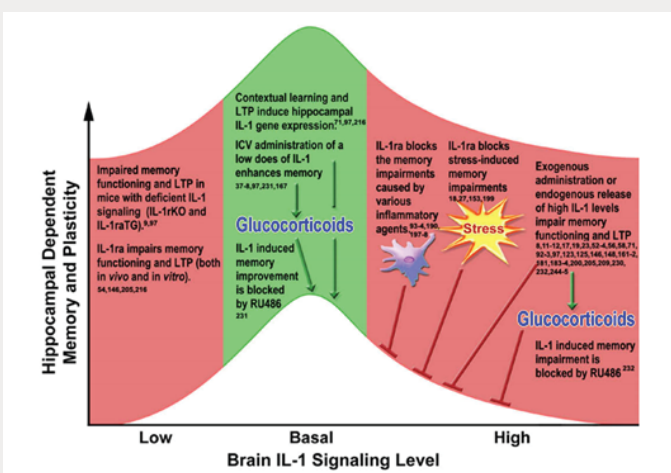
## The Stress Axis

When we are stressed, the **hypothalamic-pituitary-adrenal axis (HPA axis)** produces adrenaline, which then cascades to eventually cause a release of **cortisol**, our stress hormone.



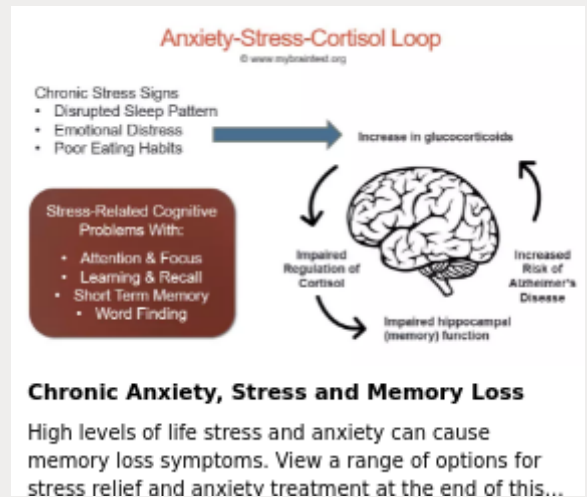
## Stress activates immune system

**Cortisol** then triggers the release of **inflammation**, which causes the **stress axis** to release even more cortisol!



## High stress hormone release impairs memory via immune system

When large amounts of **cortisol** are released, it triggers an **inflammatory response (IL-1)** that **impairs memory functioning in the moment and memory recall later**.

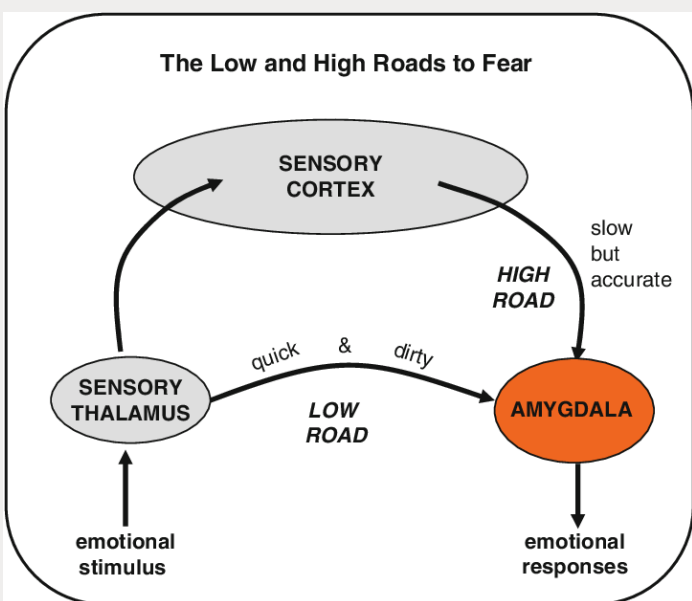


## Other chronic cortisol activation issues

Higher cortisol levels are found particularly in people with anxiety disorders, PTSD, or depression. It also affects sleep quality, emotional distress regulation, attention and focus, and more.

## And that's not all...

## Stress, fear, and aggression



Stress goes straight to the **amygdala**, the fear and aggression center. It is activated almost instantly, avoiding the under-developed frontal lobe, and turns on our fight or flight response. And guess what? It also causes the release of **even more cortisol**. So not only is your kid reacting without thinking, they **can't think as well as they normally can**. Since their frontal lobe isn't finished developing, it's **physically harder for them to take the high road** of cognitive functioning.

## We want our kids to internalize what we tell them.

But if they are triggered, they **can't** make those new memories. Their brain and body won't let them! Not only will they have a harder time remembering what you're trying to tell them, they're going to have a harder time remembering to use their skills to regulate their emotions **AND** those skills won't be as effective.