Toxic Stress

Diagram

Description automatically generated

<https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

Define the following terms:

Positive Stress Response –

Tolerable Stress Response –

Toxic Stress Response –

Answer these questions:

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1. Is all stress damaging? Why?
2. What causes stress to become toxic?
3. What can we do to prevent damage from toxic stress response?
4. When should we worry about toxic stress?