



Chronic Stress (Paperback)

By -

CIV, United States, 2011. Paperback. Book Condition: New. Aufl.. 229 x 152 mm. Language: English . Brand New Book. Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Chronic stress is the response to emotional pressure suffered for a prolonged period over which an individual perceives he or she has no control. It involves an endocrine system response in which occurs a release of corticosteroids. If this continues for a long time, it can cause damage to an individual s physical and mental health. Animals exposed to distressing events over which they have no control respond by releasing of corticosteroids. These, if prolonged, lead to structural changes in their brains.



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