



Toxic Stress

Four types of toxic stress or over-load:

1. stress responses that occur *too frequently* and *too quickly*
2. *can't adapt* to “normal” challenges and transitions
3. prolonged stress responses that take *too long* to recover from (more than 10 to 20 minutes)
4. *can't recover* from stress responses back to **baseline health** (healthy sleep cycle and healthy green zone - calm and alert during the day)

B McEwen (2002)

From: Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies: A Neurorelational Framework for Interdisciplinary Practice, by Lillas and Turnbull, 2009, New York, New York: W.W. Norton