

Past Events & Current Health

Talking About Toxic Stress



Experiences from our childhood can impact our current health. Here's what to know.

PAST EXPERIENCES

There are many events like abuse and neglect, loss of a family member, or general community violence that, when experienced in childhood, create toxic stress. Toxic stress can change the way the brain develops because the person is always on "high alert." Bodies go through more "wear and tear" when they don't get a break from stress.

CURRENT & FUTURE HEALTH

Adults with a history of these experiences have greater chances of health concerns like high blood pressure, chronic pain, stroke, and substance use. These things don't always happen, and there are things that can be done to prevent or reduce toxic stress and its impact.

TALK TO YOUR PROVIDER

Telling health providers about past events can help them treat your current and future health. They can provide resources and make suggestions on what you can do for yourself.