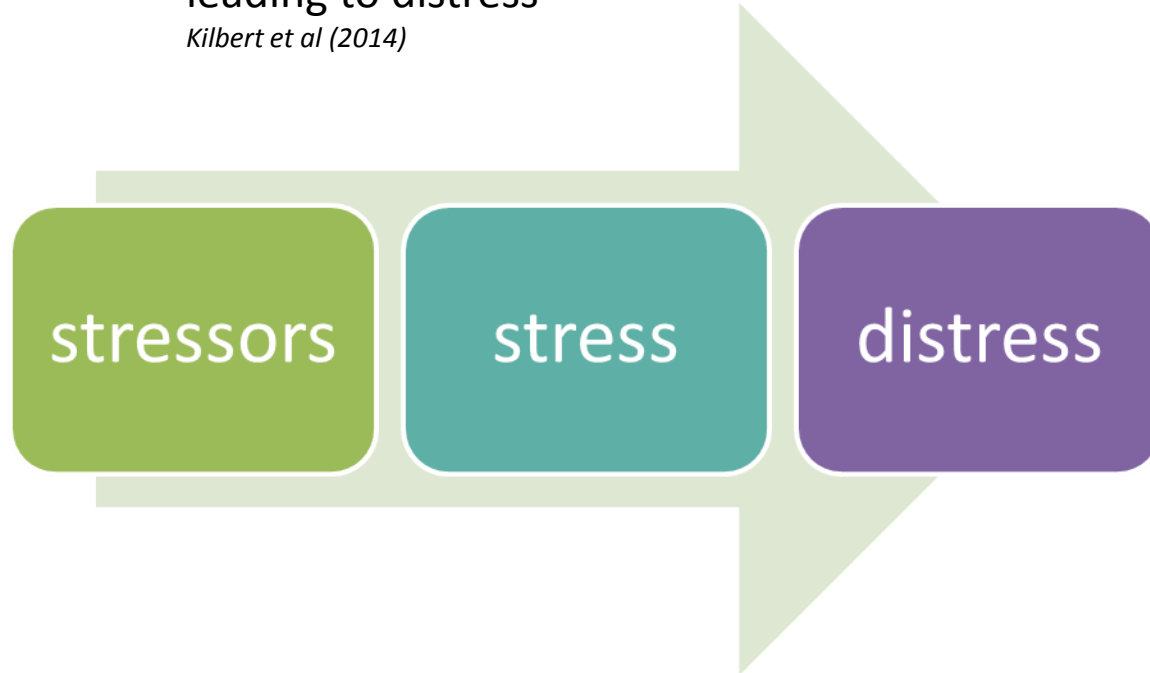


Resilience acts as a
'buffer', less chance
of a stressor event
leading to distress

Kilbert et al (2014)



- Stress can be 'tolerable stress' and this causes minimal allostatic load. Someone has successfully coped
- Or stress can be 'toxic'

So what is going on in our brains when we are under stress/pressure?