

# Brain Rule Rundown

## **Rule #8: Stressed brains don't learn the same way.**

- Your brain is built to deal with stress that lasts about 30 seconds. The brain is not designed for long term stress when you feel like you have no control. The saber-toothed tiger ate you or you ran away but it was all over in less than a minute. If you have a bad boss, the saber-toothed tiger can be at your door for years, and you begin to deregulate. If you are in a bad marriage, the saber-toothed tiger can be in your bed for years, and the same thing occurs. You can actually watch the brain shrink.
- Stress damages virtually every kind of cognition that exists. It damages memory and executive function. It can hurt your motor skills. When you are stressed out over a long period of time it disrupts your immune response. You get sicker more often. It disrupts your ability to sleep. You get depressed.
- The emotional stability of the home is the single greatest predictor of academic success. If you want your kid to get into Harvard, go home and love your spouse.
- You have one brain. The same brain you have at home is the same brain you have at work or school. The stress you are experiencing at home will affect your performance at work, and vice versa.

by John Medina,

quoted at <http://www.brainrules.net/stress/?scene=3>