

# Long-term impact of stress - Cognitive

- Stress relies on strong emotions and bypasses the prefrontal cortex (the part of the brain that allows for reflection, planning, introspection, imagination, morality, etc)
- Loss of concentration/attention
- Increased distraction
- Short- and long-term memory deteriorate
- Response speed unpredictable
- Error rate increases
- Organisation and planning deteriorate
- Reality testing becomes less efficient; less objectivity; thoughts are more irrational