

Session 2

Periods of Opportunity for Resilience and Adaptive Neuroplasticity Across the Lifespan



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- **CRITICAL PERIODS** during which biology is most susceptible to stress *are also windows to build resilience*
- **PRIMING** of biology by environments contribute to future stress susceptibility *& can be leveraged to foster resilience*
- **CROSS-SPECIES CONSERVATION** of mechanisms underlying stress susceptibility *& building resilience*

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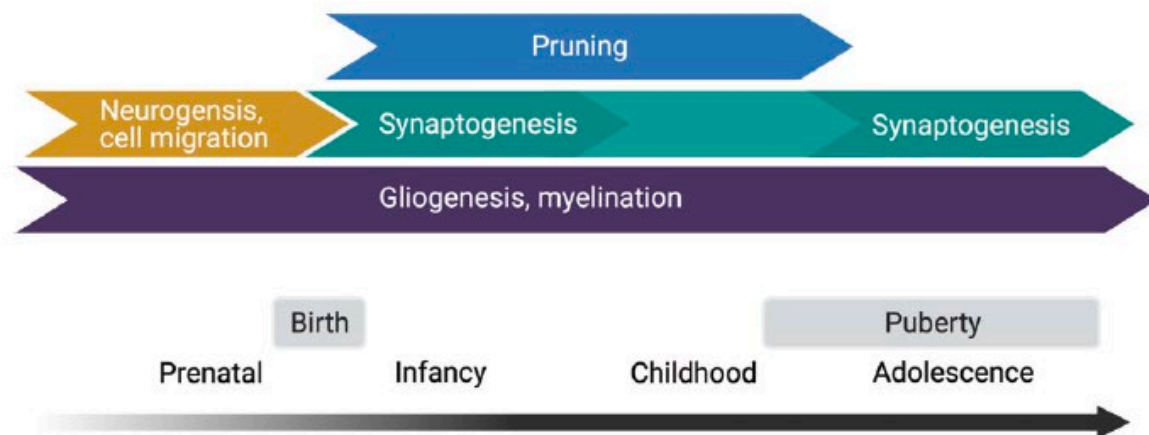
Intrauterine
milieu



Caregivers

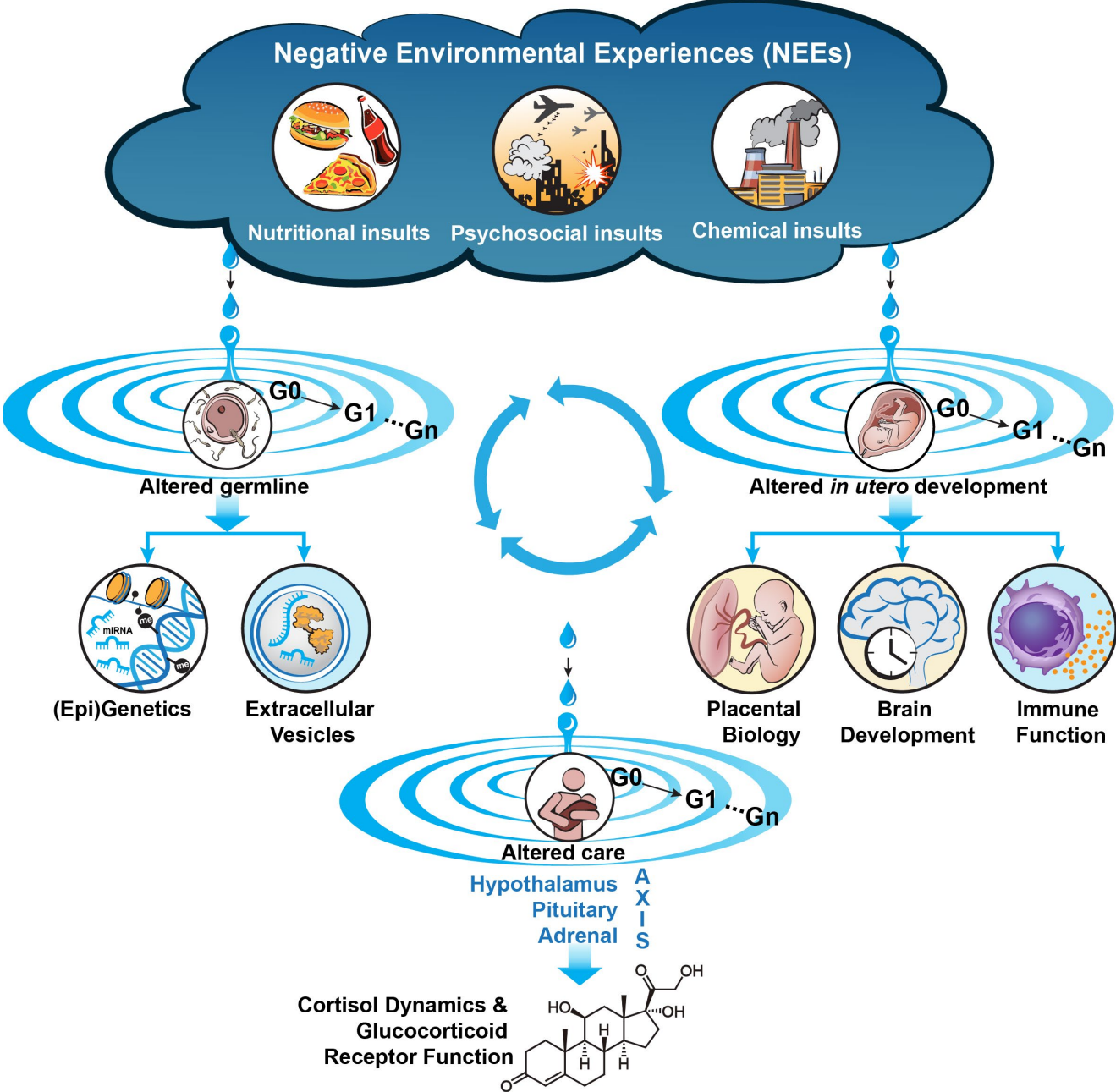


Neighborhood, school, media, peers



PRIMING of biology by environments contribute to future stress susceptibility *& can be leveraged to foster resilience*

Detrimental effects of Negative Environmental Experiences ripple within & across generations
via varied biological vehicles



CROSS-SPECIES CONSERVATION of mechanisms underlying stress susceptibility *& building resilience*

Legacies of Flourishing can be Engineered



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