

# Critique on the powerpoint presentation of stress vs memory

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STRESS VS MEMORY CRITIQUE Stress and memory remain two closely related elements because of the influence which they have upon each other, an element which makes them almost inseparable and difficult to differentiate. The theory of the relationship between stress and memory seeks to make a biological explanation of the different elements causing stress, which are related to the memory. Despite the closeness of the two elements, many of the biological elements involved commonly occur as resulting factors. The causes remain external physical elements which lead to the biological changes in the body, due to the effects upon the central nervous system.

There is a strong biological relationship between stress and the human memory. The human body's exposure to environmental stimulus commonly results in a reaction which is initiated by the body. Though some of the actions and reactions to the stimulus are involuntary, others remain voluntary actions. The memory controls the reactions while the actions become initiated from hormones released following exposure to stimuli. Extreme exposure to the stimuli causes the human body to experience stress and subsequently produce hormones which are essential in producing a reaction (Fink, 2010). The activity generated by the body remains an element of the hormones which are produced following excitement or stressing upon the central nervous system.

Despite the many similarities existing between stress and the memory, existing discrepancies commonly dissociate the two elements from biological influence. Stress commonly results from the production of various hormones, which cause the CNS to be under extreme pressure. Despite these hormones

having significant impact on the reaction of the human body, the hormones can be produced under different conditions and still produce similar results. Anxiety for example could lead the body towards production of adrenalin, which is essential in enhancing vigorous activity. The actions which the body performs might be controlled by hormones, but the hormones are not always results of stress.

The human memory is commonly affected by the stress hormones, either positively or negatively depending on the hormones. Since the two elements are both physical and biological, interventions utilised in the treatment are either medical or non-medical interventions. Behavioural interventions can be effective in the management of memory conditions which result from reactions caused by stress hormones (Rubin & Pfaff, 2010). Many of the effects of stress are commonly associated with the occurrence of memory conditions. The occurrence of these conditions can be effectively mitigated through behavioural interventions like the CBT, and other non-medical interventions.

This article identifies the various biological elements which result from stress affecting an individual. The relationship between stress hormones and their effect upon the human memory are not always biological. While stress results from biological reactions occurring upon the body, the memory is influenced by other factors other than biological elements. The results of the stress hormones commonly differ according to the hormone produced and the stress level experienced by the individual. Identification of the effects of the stress hormones upon the memory remains essential in implementing a treatment plan for the affected individual.

## Reference

Fink, G. (2010). *Stress Science: Neuroendocrinology*. New York: Academic Press.

Rubin, R. H., & Pfaff, D. W. (2010). *Hormone/Behavior Relations of Clinical Importance: Endocrine Systems Interacting with Brain and Behavior*. New York: Academic Press.