



THE NEUROLOGICAL EFFECTS OF ACEs

Adverse Childhood Experiences (ACEs) are associated with several chronic health conditions including mood disorders, chronic pain, dementia and other neurologic conditions.

- ACEs involve multiple categories a child was exposed to including: physical or emotional abuse or neglect, living with someone who was depressed or mentally ill, loss of a parent from death or divorce, unwanted sexual contact, and more.
- ACEs are quite common in the population at large.
- Some important strategies can mitigate the toxic stress response brought on by ACEs, including mindfulness meditation, exercise, and optimized sleep.
- ACEs are shown to affect regulation of the brain's stress response, impulse control, emotion regulation, learning and memory.

