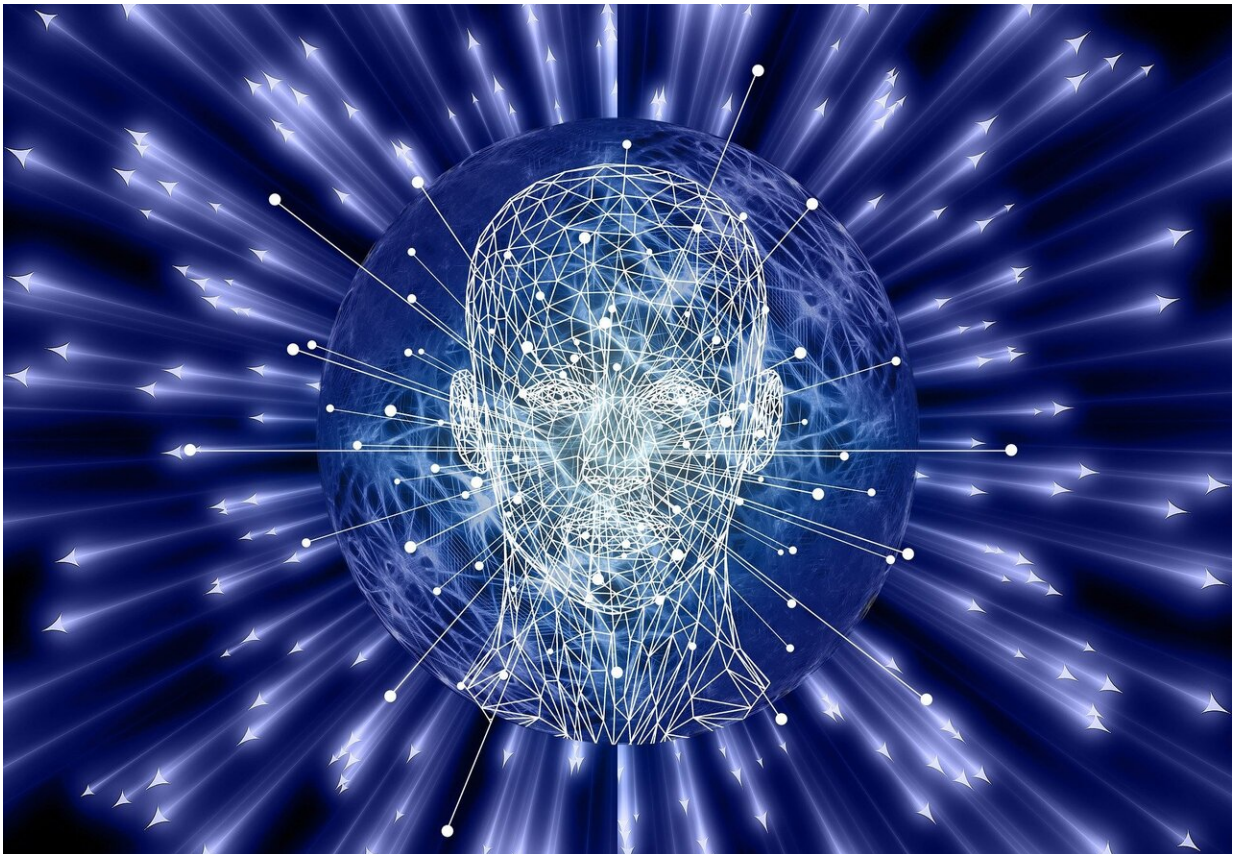


Video: Neuroscientist gives guided tour of your stressed-out brain

April 16 2020, by Bill Hathaway



Credit: CC0 Public Domain

Anxiety, fear and stress are the enemies of rational thought, which can be under siege during the current pandemic.

Yale's Amy Arnsten, the Albert E. Kent Professor of Neuroscience, professor of psychology and a member of the Kavli Institute of Neuroscience, provides a visual tour of regions of the brain and the roles they play in processing [negative emotions](#) and how they can impair judgment during times of stress.

Provided by Yale University

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