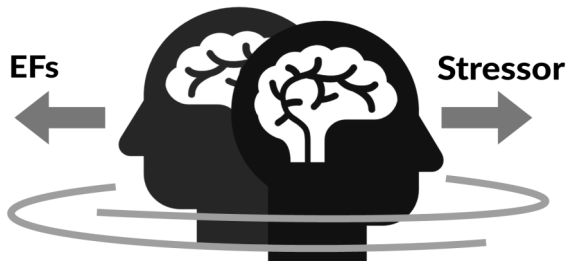
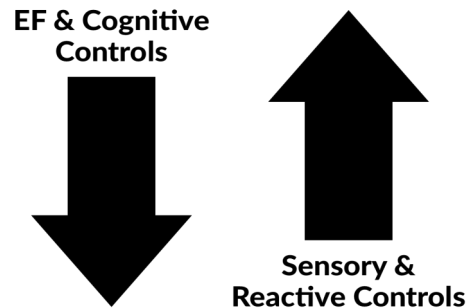


1



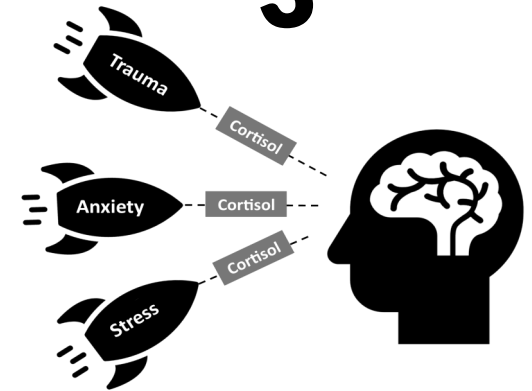
Stress causes cognitive resources to be shifted to the thing causing the stress.

2



Stress shifts cognition from top-down controls (*like EF*) to bottom-up controls (*sensory and reactive controls*).

3



Stress causes a spike in cortisol, a stress hormone, which floods the pre-frontal cortex, causing disruptions to EF.

Image created by J. Pusateri, 2025, based on Shields et al., 2016