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The good and bad of stress

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STELLINGEN

Behorende bij het proefschrift

*The Good and Bad of Stress
Implications for memory and adaptive processes*

1. The pure presence of a neuroendocrine response is not sufficient anymore to label a stimulus as stressful.
2. Glucocorticoid hormones do not care whether an experience is positive or negative.
3. We all have our time machines. Some take us back, they're called memories. Some take us forward, they're called dreams. (Jeremy Irons)
4. Changes in the brain as response to stress should not immediately be interpreted as maladaptive and disease-promoting.
5. Including female subjects in research is essential to explain neurobiological mechanisms underlying stress-related diseases in women.
6. If the brain was so simple we could understand it, we would be so simple that we couldn't.
7. Success is the ability to go from one failure to another with no loss of enthusiasm. (Winston Churchill)
8. To achieve great things, two things are needed: a plan and not quite enough time. (Leonard Bernstein)
9. Sometimes it's important to work for that pot of gold. But sometimes it's essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow. (Douglas Pagels)
10. Horseback riding is life, the rest is just details.

Romy Wichmann, 29 Oktober 2012

