

**Do You Know What
ACEs Are and How
They Relate to Toxic
Stress?**

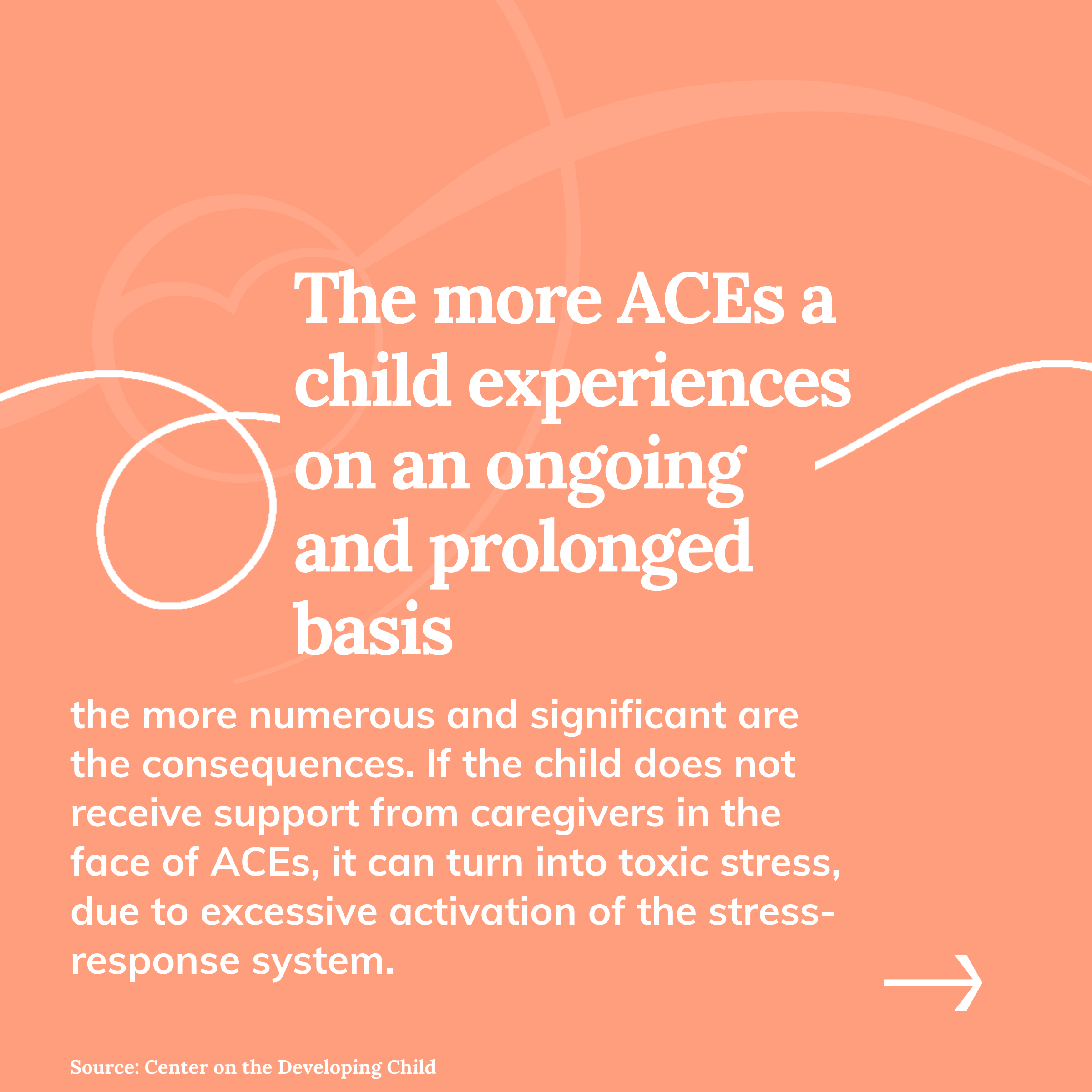




ACEs

These are adverse childhood experiences and include many elements such as physical and psychological abuse, neglect, caregiver mental illness and household violence.





The more ACEs a child experiences on an ongoing and prolonged basis

the more numerous and significant are the consequences. If the child does not receive support from caregivers in the face of ACEs, it can turn into toxic stress, due to excessive activation of the stress-response system.



To reduce the consequences of toxic stress, solutions exist:

- psychological counselling
- strong and responsive relationships with caregivers
- acquisition of core life skills
- meditation
- physical exercise
- presence in nature

However, the ideal approach is to prevent toxic stress by reducing the sources of stress: meeting basic needs, offering adapted services.



ACEs affect individuals of all social and economic status

ACEs have lifelong consequences. However, individuals are not condemned to live with these consequences, since elements can be put in place to reduce them.