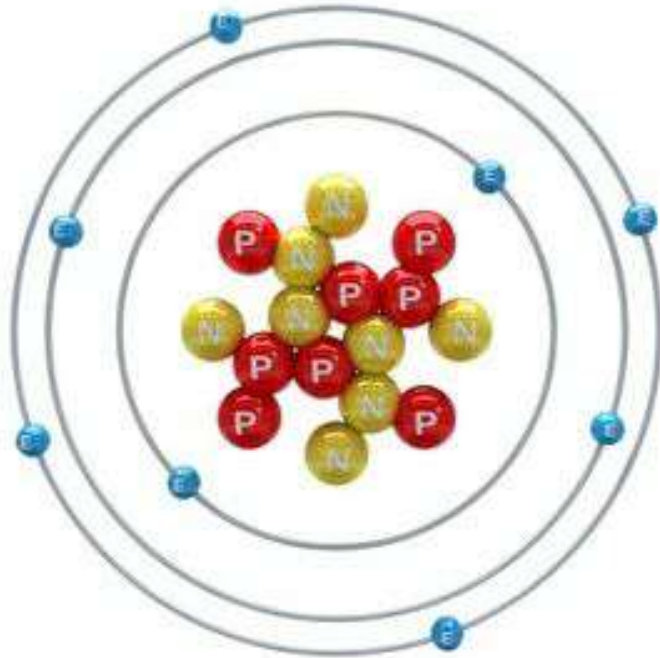
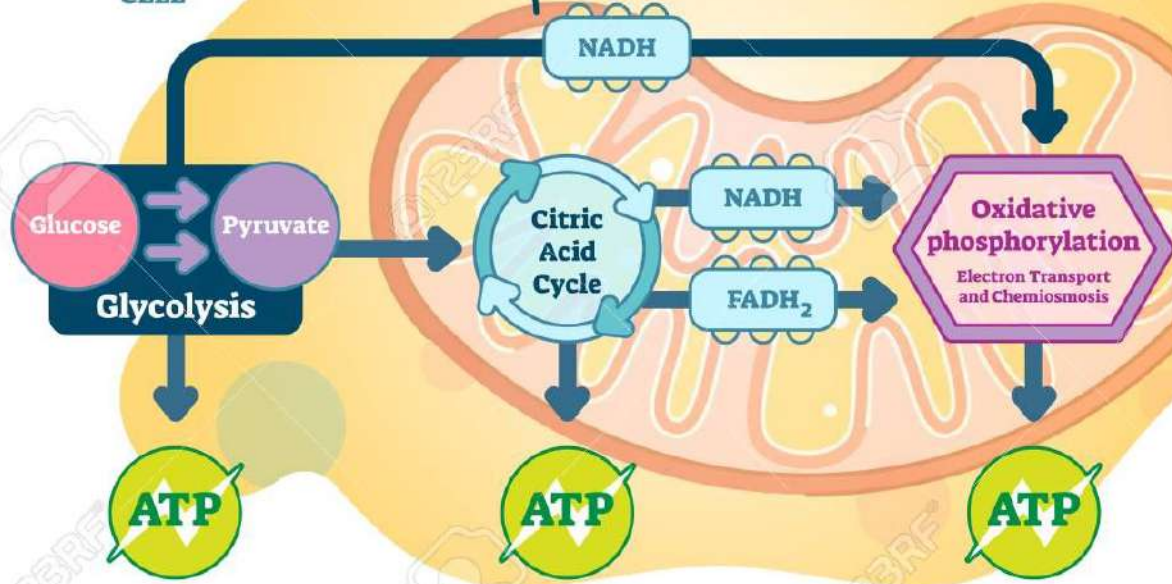
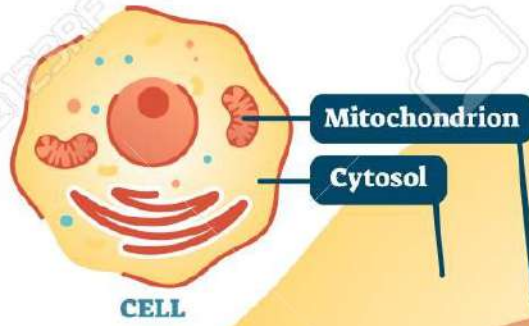


chi è il principale colpevole?



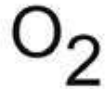
# Aerobic Respiration



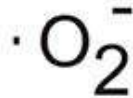
# ROS: specie reattive dell'ossigeno



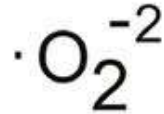
Oxygen



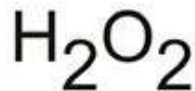
Superoxide anion



Peroxide



Hydrogen Peroxide



Hydroxyl radical



Hydroxyl ion



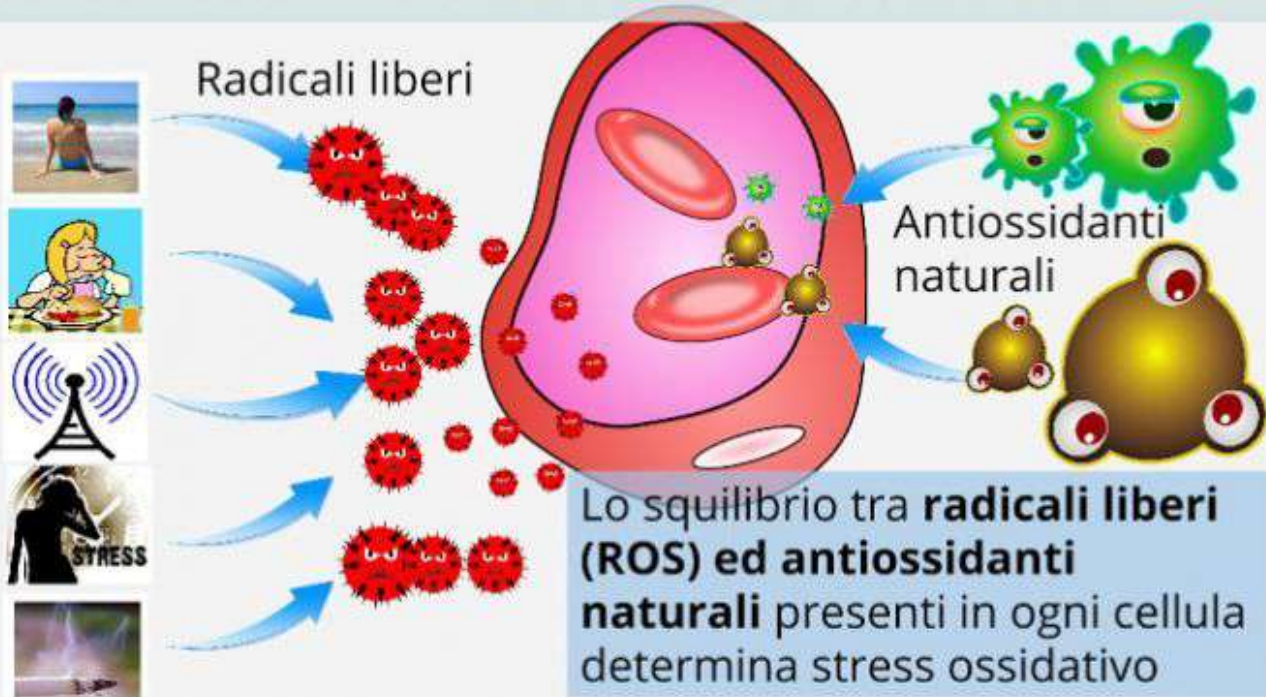
i ROS “rubano” elettroni agli altri atomi



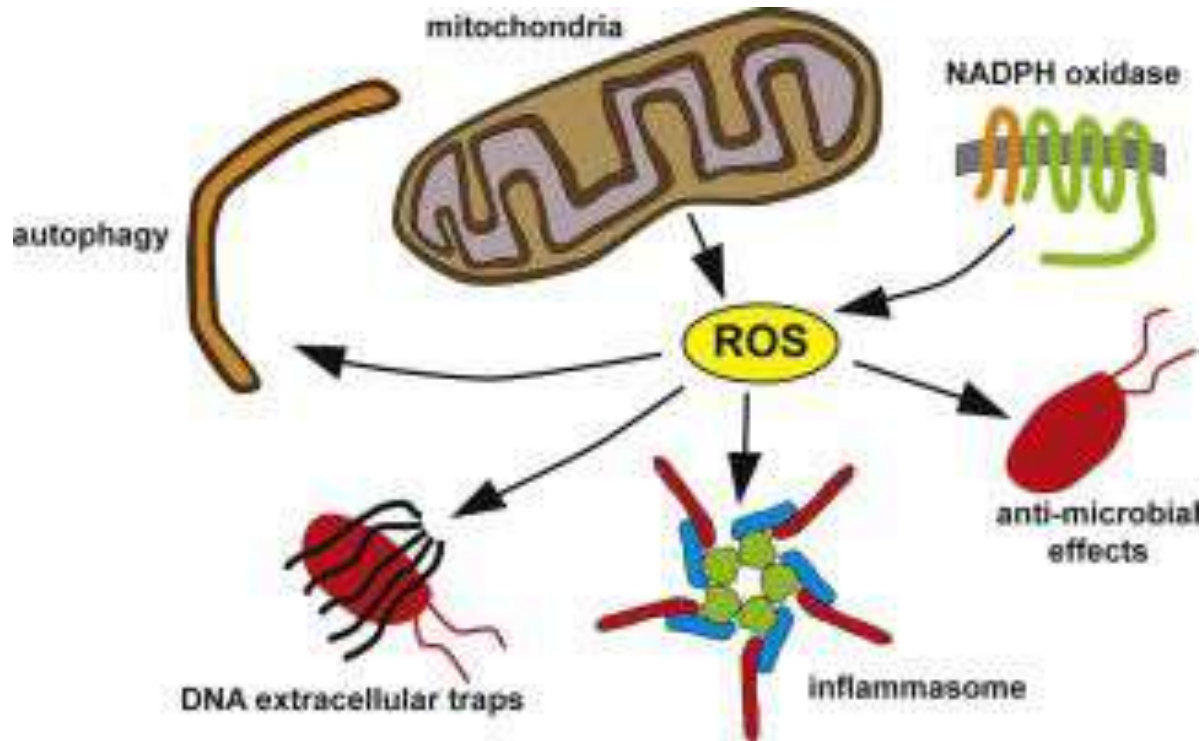
gli Antiossidanti cedono elettroni ai ROS

## Cosa causa **lo stress ossidativo**?

Sole, dieta errata, radiazioni, stress, fumo, ed altre cattive abitudini determinano un aumento dei radicali liberi.

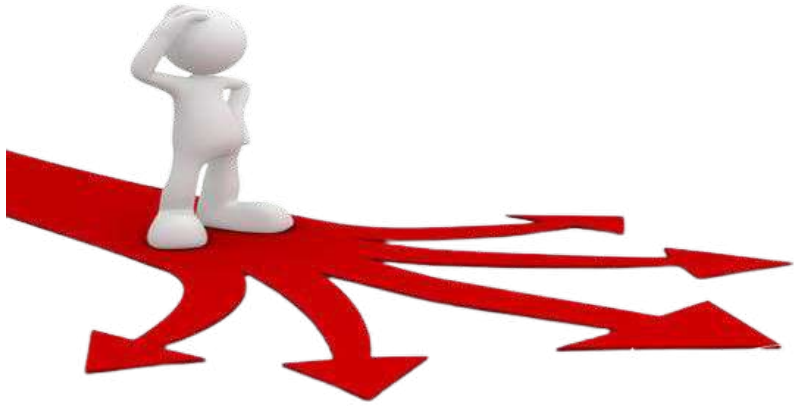


i ROS (in giusta misura) sono utili



**COSA FARE ?**





- Se ci si ritrova sopraffatti dalle notizie, limitarsi a una singola fonte affidabile di notizie.
- Pianificare il "tempo di preoccupazione", creando un senso di controllo e limitando l'impatto sulle attività importanti per la salute mentale, incluso il sonno, discussioni significative ed esercizio.

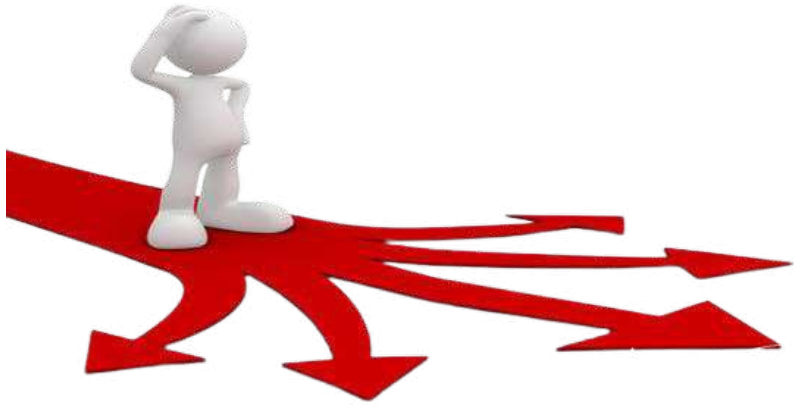
## Rumination

Characterized by repeated worrying and a negative inner voice


*Try scheduling "worry time" and limit exposure to news and other information that causes cycles of worry.*







- Usare le fonti di stimolazione per coinvolgere la rete di ricompensa del cervello, trovando odori piacevoli per la casa, ascoltando la musica preferita e circondandosi di immagini positive.



### Anhedonia

Characterized by an inability to take pleasure in activities that usually give you joy and purpose or feeling like you're "going through the motions."

*Surround yourself with positive stimulation to engage your brain's reward network. Light your favorite scented candle, surround yourself with images of loved ones, and look for opportunities to connect with others.*