**Psychology of Scarcity**

Scarcity focuses the mind automatically and powerfully on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ needs and challenges7,8

**Cognitive Capacity (“Mental Bandwidth”)**



**Scarcity & Chronic Stress**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activation of the stress-response system can disrupt almost all of the body’s processes and increase the risk for numerous health problems3

**Allostatic Overload**

“…the cumulative biological burden exacted on the body through daily \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to physical and emotional \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”5

Allostatic overload can increase risk for:

* Depression
* Cognitive impairment
* Inflammatory and autoimmune disorders
* Coronary vascular disease
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Diabetes5



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