**Psychology of Scarcity**

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

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

venn diagram showing the overlap of money and food stressors and venn diagram showing the overlap of money, utilities, employment and food stressors



**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

Consider: 
How do you currently work with patients who are struggling with multiple SDOH issues?
What community resources are available for them in your area?
Practice:
Consider how many SDOH factors are impacting a person’s life.


References:

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