Holiday Stress and the Brain

"It’s the most wonderful time of the year... It’s the hap-happiest season of all." So says a classic song of the holiday season. But is it? The end-of-year holidays are certainly a happy time for most of us, but the stress of the season puts many of us on such an edge that we wish it would all just go away.

“The holidays are filled with both joy and stress,” says Ellen Braaten, PhD, an HMS associate professor of psychology at Massachusetts General Hospital and associate director of its Clay Center for Young Healthy Minds. Read more »

Facult First Person

A conversation with Edward Kravitz, PhD

People handle stressful situations in different ways. The holidays, which are often stressful, can lead to aggression in some people. My lab studies the fruit fly model of aggression. Read more »

In the News

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