

# Systemic Aging

## Memory Recall Strategies

### Neurotic Arousal



**Stress**  
 ↑ Cortisol  
 ↓ Memory

**Memory**  
 ↓ Recall  
 ↓ Accuracy

**Attention**  
 ↓ Focus  
 ↓ Alertness

**Executive Function**  
 ↓ Planning  
 ↓ Problem Solving

**Emotion**  
 ↑ Anxiety  
 ↑ Depression

**Mood**  
 ↓ Positivity  
 ↑ Irritability

**Behavior**  
 ↓ Social Interaction  
 ↓ Activity

**Quality of Life**  
 ↓ Satisfaction  
 ↓ Well-being



Systemic aging leads to a decline in cognitive and emotional health, which in turn affects overall quality of life and behavior.