



TAYLOR SWIFT ERAS TOURS CAUSING *MEMORY LOSS*?!

Now before you start reading this article, you might be wondering if this is actually true or not. Believe me I did not think this was true at all until several sources came forward. They took to Tik Tok about how this has affected them in real time. A doctor testified that this was after concert amnesia. "It is thought to be a neurological phenomenon that can occur in any emotionally heightened state", says Dr. Croll.

HOW ARE SOME FANS AFFECTED AND OTHERS NOT ?

While everyone in the stadium are Swifties, certain Swifties are more of a Taylor fan than others. So this occurrence comes into play when certain Swifties are experiencing bizarre emotions and excessive stimulation as a result of watching Taylor play; many have even stated that, 'It does not feel real'. When everyone wakes up the next day, the Swifties who have had such a sensory overload feel as if they can't remember the 3 hours they spent in the stadium.

MORE ABOUT POST CONCERT AMNESIA.

Dr. Shulman characterizes long term memory as the "transfer of short-term memory to areas where long-term memory is held." "So when one has a whole lot of adrenaline and corticosteroids circulating because they're excited and jumping up and down and 'this is the greatest thing ever,' yeah, you're not going to remember everything from start to finish because of that," he explains. Given that it messes with the functioning of memory." Dr. Shulman goes on to suggest that if you want to avoid post-concert amnesia, you should take precautions. He begins by advising you to practice mindfulness and take breaks every now and then; he also advises you not to get caught up in the moment. If you feel overwhelmed, take a step back, sit down, meditate, or simply breathe.

