Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our Editorial Policies and the Editorial Policy Checklist.

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

- The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g. F, t, r) with confidence intervals, effect sizes, degrees of freedom and P value noted. Give P values as exact values whenever suitable.
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen’s d, Pearson’s r), indicating how they were calculated

Our web collection on statistics for biologists contains articles on many of the points above.

Software and code

Policy information about availability of computer code

| Data collection | Proteomics data was collected using Analyst TF v1.8 (Sciex). Behavioral data was collected using Activity monitor software [v5, Med Associates Inc.] and Bonsai (v2.6.3, Bonsai-RX, NeuroGears). Electrophysiology data was collected using Open-Ephys GUI [v0.5.3, Open-Ephys Org] and pClamp 10.2 [Clampfit v10.2, Molecular Devices]. Immunohistochemistry data was collected with Olympus FV1000. |

| Data analysis | Reactome (Reactome Org), ProteinPilot software [v5.0.2.0, Sciex], and SWATH™ processing plug-in for PeakView (v2.2, Sciex) were used to analyze proteomics data. For behavioral tests, Activity monitor software [v5, Med Associates Inc.], EthoVision (XT10, Noldus), Bonsai [v2.6.3, Bonsai-RX, NeuroGears], DemipLabCut (v2.2.0), The Mathis Lab of Adaptive Motor Control, [EPFL], and VAME [v1.0], Pavol Bauer lab, LIM, Magdeburg software were used. Electrophysiology data was analyzed with JRClust (v4.0.0), Matlab [R2020b, MathWorks], Minianalysys (v6.0, Synaptosoft), and Clampfit (v10.2, Molecular Devices). Immunohistochemistry data was analyzed using ImageJ software [v1.5, NIH]. Data were graphed and analyzed using Graphpad Prism 9. |

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio guidelines for submitting code & software for further information.
Data

Policy information about availability of data
All manuscripts must include a data availability statement. This statement should provide the following information, where applicable:
- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third-party data, please ensure that the statement adheres to our policy

The mass spectrometry proteomics data generated in this study have been deposited to the ProteomeXchange Consortium via the PRIDE partner repository with the dataset identifier PXD031193 (https://www.proteomexchange.org/). All the data generated in this study are provided in the Supplementary Information/Source Data file. Source data are provided with this paper.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

- [x] Life sciences
- [ ] Behavioural & social sciences
- [ ] Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

| Sample size | No statistical methods were used to predetermine sample sizes, but sample sizes are similar to those previously reported by us and generally employed in the field: see doi: 10.1038/nature16971 and 10.1016/j.neuron.2015.11.023. |
|-------------|-------------------------------------------------------------------------------------------------------------------|
| Data exclusions | No data was excluded from the study. |
| Replication | Experiments were performed at least three independent times using similar conditions. All attempts at replication were successful. |
| Randomization | All mice were randomly allocated to experimental groups. |
| Blinding | During data collection, the investigator that performed the stress protocol for 21 days might have not been blind because she might remember/recognize a particular animal that she has handled during those 21 days. Other investigators were blinded to group allocation during data collection. All investigators were blinded to experimental groups during data analysis. |

Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

| Study description | Briefly describe the study type including whether data are quantitative, qualitative, or mixed-methods (e.g. qualitative cross-sectional, quantitative experimental, mixed-methods case study). |
|-------------------|-------------------------------------------------------------------------------------------------------------------|
| Research sample | State the research sample (e.g. Harvard university undergraduates, villagers in rural India) and provide relevant demographic information (e.g. age, sex) and indicate whether the sample is representative. Provide a rationale for the study sample chosen. For studies involving existing datasets, please describe the dataset and source. |
| Sampling strategy | Describe the sampling procedure (e.g. random, snowball, stratified, convenience). Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient. For qualitative data, please indicate whether data saturation was considered, and what criteria were used to decide that no further sampling was needed. |
| Data collection | Provide details about the data collection procedure, including the instruments or devices used to record the data (e.g. pen and paper, computer, eye tracker, video or audio equipment) whether anyone was present besides the participant(s) and the researcher, and whether the researcher was blind to experimental condition and/or the study hypothesis during data collection. |
| Timing | Indicate the start and stop dates of data collection. If there is a gap between collection periods, state the dates for each sample cohort. |
| Data exclusions | If no data were excluded from the analyses, state so OR if data were excluded, provide the exact number of exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established. |
| Non-participation | State how many participants dropped out/declined participation and the reason(s) given OR provide response rate OR state that no participants dropped out/declined participation. |
Ecological, evolutionary & environmental sciences study design

All studies must disclose on these points even when the disclosure is negative.

**Study description**
Briefly describe the study. For quantitative data include treatment factors and interactions, design structure (e.g. factorial, nested, hierarchical), nature and number of experimental units and replicates.

**Research sample**
Describe the research sample (e.g. a group of tagged Passer domesticus, all Stenocereus thurberi within Organ Pipe Cactus National Monument), and provide a rationale for the sample choice. When relevant, describe the organism taxa, source, sex, age range and any manipulations. State what population the sample is meant to represent when applicable. For studies involving existing datasets, describe the data and its source.

**Sampling strategy**
Note the sampling procedure. Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient.

**Data collection**
Describe the data collection procedure, including who recorded the data and how.

**Timing and spatial scale**
Indicate the start and stop dates of data collection, noting the frequency and periodicity of sampling and providing a rationale for these choices. If there is a gap between collection periods, state the dates for each sample cohort. Specify the spatial scale from which the data are taken.

**Data exclusions**
If no data were excluded from the analyses, state so OR if data were excluded, describe the exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established.

**Reproducibility**
Describe the measures taken to verify the reproducibility of experimental findings. For each experiment, note whether any attempts to repeat the experiment failed OR state that all attempts to repeat the experiment were successful.

**Randomization**
Describe how samples/organisms/participants were allocated into groups. If allocation was not random, describe how covariates were controlled. If this is not relevant to your study, explain why.

**Blinding**
Describe the extent of blinding used during data acquisition and analysis. If blinding was not possible, describe why OR explain why blinding was not relevant to your study.

**Did the study involve field work?**
- Yes
- No

Field work, collection and transport

**Field conditions**
Describe the study conditions for field work, providing relevant parameters (e.g. temperature, rainfall).

**Location**
State the location of the sampling or experiment, providing relevant parameters (e.g. latitude and longitude, elevation, water depth).

**Access & import/export**
Describe the efforts you have made to access habitats and to collect and import/export your samples in a responsible manner and in compliance with local, national and international laws, noting any permits that were obtained (give the name of the issuing authority, the date of issue, and any identifying information).

**Disturbance**
Describe any disturbance caused by the study and how it was minimized.

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Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

### Materials & experimental systems

| Materials & experimental systems | n/a Involved in the study |
|----------------------------------|---------------------------|
| Antibodies                       | ☑                         |
| Eukaryotic cell lines            | ☑                         |
| Palaeontology and archaeology    | ☑                         |
| Animals and other organisms      | ☑                         |
| Human research participants      | ☑                         |
| Clinical data                    | ☑                         |
| Dual use research of concern     |                           |

### Methods

| Methods                              | n/a Involved in the study |
|--------------------------------------|---------------------------|
| ChiP-seq                             |                           |
| Flow cytometry                      |                           |
| MRI-based neuroimaging              |                           |
Antibodies

| Antibodies used          | Rabbit anti-Fos (SGA, A2251, Cell Signaling), Rabbit anti-c-Fos (ABE457, Millipore), Alexa 488-Goat anti-rabbit IgG [A11034, Invitrogen], 555-Goat anti-mouse IgG [A21424, Invitrogen], Mouse anti-NeuN (clone A60, MAB377, Millipore). |

Validation

All antibodies were validated by manufacturers and are widely used in other studies. Statements on the manufacturer’s website:
"Anti-c-Fos Antibody is a Rabbit Polyclonal Antibody for detection of c-Fos also known as Proto-oncogene c-Fos, Cellular oncogene fos & has been validated in WB & IHC."
"This antibody (Posid 541, Rabbit mAb #2251) has been validated using SimpleChIP® Enzymatic Chromatin IP Kits. Application Key: WB-Western Blot, IP-Immunoprecipitation, IHC-Immunohistochemistry, ChIP-Chromatin Immunoprecipitation, IF-Immunofluorescence, F-Flow Cytometry."
"Anti-NeuN Antibody, clone A60 detects level of NeuN and has been validated and validated for use in FC, IC, IF, IH, IH[PE], IP and WB."
Human research participants

Policy information about studies involving human research participants.

Population characteristics
Describe the covariate-relevant population characteristics of the human research participants (e.g., age, gender, genotypic information, past and current diagnosis and treatment categories). If you filled out the behavioural & social sciences study design questions and have nothing to add here, write “See above.”

Recruitment
Describe how participants were recruited. Outline any potential self-selection bias or other biases that may be present and how these are likely to impact results.

Ethics oversight
Identify the organization(s) that approved the study protocol.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Clinical data

Policy information about clinical studies.

All manuscripts should comply with the ICMJE guidelines for publication of clinical research and a completed CONSORT checklist must be included with all submissions.

Clinical trial registration
Provide the trial registration number from ClinicalTrials.gov or an equivalent agency.

Study protocol
Note where the full trial protocol can be accessed OR if not available, explain why.

Data collection
Describe the settings and locales of data collection, noting the time periods of recruitment and data collection.

Outcomes
Describe how you pre-defined primary and secondary outcome measures and how you assessed these measures.

Dual use research of concern

Policy information about dual use research of concern.

Hazards
Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

- [ ] No
- [ ] Yes
  - Public health
  - National security
  - Crops and/or livestock
  - Ecosystems
  - Any other significant area

Experiments of concern

Does the work involve any of these experiments of concern:

- [ ] No
- [ ] Yes
  - Demonstrate how to render a vaccine ineffective
  - Confer resistance to therapeutically useful antibiotics or antiviral agents
  - Enhance the virulence of a pathogen or render a non-pathogen virulent
  - Increase transmissibility of a pathogen
  - Alter the host range of a pathogen
  - Enable evasion of diagnostic/detection modalities
  - Enable the weaponization of a biological agent or toxin
  - Any other potentially harmful combination of experiments and agents

ChIP-seq

Data deposition

- [ ] Confirm that both raw and final processed data have been deposited in a public database such as GEO.

- [ ] Confirm that you have deposited or provided access to graph files (e.g., BED files) for the called peaks.
Data access links
May remain private before publication. For "initial submission" or "Revised version" documents, provide reviewer access links. For your "Final submission" document, provide a link to the deposited data.

Files in database submission
Provide a list of all files available in the database submission.

Genome browser session
Provide a link to an anonymized genome browser session for "initial submission" and "Revised version" documents only, to enable peer review. Write "no longer applicable" for "Final submission" documents.

Methodology

Replicates
Describe the experimental replicates, specifying number, type and replicate agreement.

Sequencing depth
Describe the sequencing depth for each experiment, providing the total number of reads, uniquely mapped reads, length of reads and whether they were paired- or single-end.

Antibodies
Describe the antibodies used for the ChIP-seq experiments; as applicable, provide supplier name, catalog number, clone name, and lot number.

Peak calling parameters
Specify the command line program and parameters used for read mapping and peak calling, including the ChIP, control and index files used.

Data quality
Describe the methods used to ensure data quality in full detail, including how many peaks are at FDR 5% and above 5-fold enrichment.

Software
Describe the software used to collect and analyze the ChIP-seq data. For custom code that has been deposited into a community repository, provide accession details.

Flow Cytometry

Plots
Confirm that:
- The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- All plots are contour plots with outliers or pseudocolor plots.
- A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation
Describe the sample preparation, detailing the biological source of the cells and any tissue processing steps used.

Instrument
Identify the instrument used for data collection, specifying make and model number.

Software
Describe the software used to collect and analyze the flow cytometry data. For custom code that has been deposited into a community repository, provide accession details.

Cell population abundance
Describe the abundance of the relevant cell populations within post-sort fractions, providing details on the purity of the samples and how it was determined.

Gating strategy
Describe the gating strategy used for all relevant experiments, specifying the preliminary FSC/SSC gates of the starting cell population, indicating where boundaries between "positive" and "negative" staining cell populations are defined.

☐ Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

Magnetic resonance imaging

Experimental design

Design type
Indicate task or resting state; event related or block design.

Design specifications
Specify the number of blocks, trials or experimental units per session and/or subject, and specify the length of each trial or block (if trials are blocked) and interval between trials.

Behavioral performance measures
State number and/or type of variables recorded (e.g. correct button press, response time) and what statistics were used to establish that the subjects were performing the task as expected (e.g. mean, range, and/or standard deviation across subjects).
### Acquisition

**Imaging type(s)**
Specify: functional, structural, diffusion, perfusion.

**Field strength**
Specify in Tesla

**Sequence & imaging parameters**
Specify the pulse sequence type (gradient echo, spin echo, etc.), imaging type (EPI, spiral, etc.), field of view, matrix size, slice thickness, orientation and TE/TR/flip angle.

**Area of acquisition**
State whether a whole brain scan was used OR define the area of acquisition, describing how the region was determined.

**Diffusion MRI**
- [ ] Used
- [ ] Not used

### Preprocessing

**Preprocessing software**
Provide detail on software version and revision number and on specific parameters (model/functions, brain extraction, segmentation, smoothing kernel size, etc.).

**Normalization**
If data were normalized/standardized, describe the approach(es): specify linear or non-linear and define image types used for transformation OR indicate that data were not normalized and explain rationale for lack of normalization.

**Normalization template**
Describe the template used for normalization/transformation, specifying subject space or group standardized space (e.g. original Talairach, MNI305, ICBM152) OR indicate that the data were not normalized.

**Noise and artifact removal**
Describe your procedure(s) for artifact and structured noise removal, specifying motion parameters, tissue signals and physiological signals (heart rate, respiration).

**Volume censoring**
Define your software and/or method and criteria for volume censoring, and state the extent of such censoring.

### Statistical modeling & inference

**Model type and settings**
Specify type (mass univariate, multivariate, RSA, predictive, etc.) and describe essential details of the model at the first and second levels (e.g. fixed, random or mixed effects; drift or auto-correlation).

**Effect(s) tested**
Define precise effect in terms of the task or stimulus conditions instead of psychological concepts and indicate whether ANOVA or factorial designs were used.

**Specify type of analysis:**
- [ ] Whole brain
- [ ] ROI-based
- [ ] Both

**Statistic type for inference**
(See Plund et al. 2016)
Specify voxel-wise or cluster-wise and report all relevant parameters for cluster-wise methods.

**Correction**
Describe the type of correction and how it is obtained for multiple comparisons (e.g. FWE, FDR, permutation or Monte Carlo).

### Models & analysis

| n/a | Involved in the study |
|-----|-----------------------|
|     | Functional and/or effective connectivity |
|     | Graph analysis |
|     | Multivariate modeling or predictive analysis |

**Functional and/or effective connectivity**
Report the measures of dependence used and the model details (e.g. Pearson correlation, partial correlation, mutual information).

**Graph analysis**
Report the dependent variable and connectivity measure, specifying weighted graph or binarized graph, subject- or group-level, and the global and/or node summaries used (e.g. clustering coefficient, efficiency, etc.).

**Multivariate modeling and predictive analysis**
Specify independent variables, features extraction and dimension reduction, model, training and evaluation metrics.