

Does stress cause pimples? - Claudia Aguirre

Watch the video and answer the questions

Which came first: the stress or the pimples? The physical reactions to stress can cause major breakouts, which, in turn, can be even more stressful! Claudia Aguirre gives just one more reason to get that stress under control.

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1. How does Justin feel when he sees his crush?

a. Nervous

b. Excited

c. Indifferent

d. Happy

2. Why did Justin feel even more unprepared for the surprise quiz?

a. He arrived late to class.

b. He forgot to do his homework.

c. He didn't understand the material.

d. He was feeling sick.

3. What happens to Justin when he sees his crush?

a. He becomes confident.

b. He becomes stressed.

c. He becomes happy.

d. He becomes relaxed.

4. What is stress?

a. A biological reaction to potential danger.

- b. A psychological reaction to social situations.
- c. A physical reaction to physical exertion.
- d. A mental reaction to academic pressure.

5. What happens to the body during a stress response?

a. Hormones of stress are released.

- b. Blood pressure decreases.
- c. Muscles relax.
- d. Heart rate slows down.

6. What triggers the release of cortisol?

a. The hypothalamus releases corticotropin hormone.

- b. The pituitary gland releases cortisol hormone.
- c. The adrenal gland releases cortisol hormone.
- d. The brain releases corticotropin hormone.

7. How do stress hormones affect the body?

a. They increase inflammation in the body.

- b. They strengthen the immune system.
- c. They decrease oil production in the skin.
- d. They reduce bacteria on the skin.

8. Which combination of factors can lead to the formation of acne?

a. High levels of testosterone and stress hormones.

- b. Low levels of testosterone and stress hormones.
- c. Low levels of testosterone and high levels of stress hormones.
- d. High levels of testosterone and low levels of stress hormones.

9. How can Justin avoid getting a big pimple?

a. By being confident when approaching his crush.

b. By avoiding stressful situations.

c. By washing his face regularly.

d. By applying acne medication.

10. Are stressful situations avoidable?

a. Yes, stress can always be avoided.

b. No, stress is inevitable.

c. Both, depending on the situation.

d. It's unclear.