

Stress: Portrait of a Killer Video Handout

Read the questions before you watch the video. Take notes in your own words as you watch to address the questions. The video link can be found in a news item on our D2L Brightspace homepage.

1. What is the purpose of the stress response? Describe the variation of the types of stressors we might experience. _____

2. What are the developmental implications of consistent exposure to maternal stress during pregnancy? _____

3. How are our thought processes connected to our experience of stress? With this idea in mind, what control do we have over our experience of stress? _____

4. What protective factors/measures limit the effects of stress? _____

5. What physiological changes occur in the body when we are exposed to immediate danger (the stress response is activated)? _____

6. What happens to our brains when we push ourselves beyond capacity for a **short** period of time? ____

7. Describe the relationship between rank in the hierarchy and the experience of stress. ____

8. Describe how personal perceptions about rank in the hierarchy are related to someone's level of stress. ____

9. What potential effects does **long-term stress** have on the body? What differences does rank in the hierarchy make in health outcomes? ____

10. What would you recommend as measures to take to help mitigate the amount of stress someone experiences? ____
