

Stress Portrait of a Killer

Name: _____

Date: _____

1. List three things stress can do to your body and/or brain.
2. What two hormones are the backbone to the stress response?
3. What happens while the stress response is on?
4. What is the relationship between hierarchy and stress levels (what happens to baboons physiologically who at the bottom of hierarchy)?
5. What did the White Hall study show about people in the lower end of the hierarchy?
6. What did people attribute ulcers to?
7. What was the new discovery on what causes ulcers?
8. How does stress contribute to ulcers?
9. What did they find from the stressed rats brain? (be specific with brain part and function)
10. What is the purpose of dopamine? What does rank affect dopamine levels?

11. Dutch Hunger Winter – What did they find about babies conceived during this famine?

12. How were the fetuses affected by the famine?

13. What are telomeres and their function?

14. What did the women with chronically ill children show about telomeres?

15. Which baboons died and which one's survived?

16. How did the baboon's troop culture change after the death of the alpha males?

17. What physiological changes happen to the renewed troop?

18. What things can help reduce stress?

19. Using your own personal experience write about how stress has affected your life and/or the lives of people you know. Write about at least two scenarios including: What is the stressor? Why is it causing stress? What are the psychological (mental) and physiological (physical) signs of stress in this person? What coping mechanisms were used/or should have been used to deal with the stress? – Try to incorporate information from the video in your writing. – This should be at least a well writing and articulate paragraph.