

STRESS

1. What circumstances stress you out the most?
2. What do you think Robert Krulwich means when he says, “Stress is your friend; we need it.”
3. What is a tourniquet?
4. What always happens in a stressful situation?
5. What does not happen when you are stressed?
6. Identify two health problems caused by chronic stress.
7. What was the outcome of both torturing the rats and frustrating them?
8. In two-five sentences, explain your opinion on animal testing in research. Does the end justify the means?
9. Describe Type A behaviors.
10. Type A behaviors increase the risk of what?
11. Why does your mouth go dry before a presentation?
12. Describe the childhood of J.M. Barry, the author of Peter Pan. What effects did continued stress have on his body?
13. In your own words, define “hysterical dysphonia.”
14. Describe the four coping mechanisms used with the rats when shocked.
15. What trait, at least in baboon societies, ensures a male will produce the most children, as stated in this podcast?
16. What part of this podcast did you find most interesting? Why?