

Watch the video and mark the sentences true (T) or false (F)

1. Stress is always a bad thing_____
2. Being stressed can change your brain _____
3. The brain and the kidneys controls the body's reaction to stress_____
4. Cortisol prepares your body for instant action_____
5. The amygdala is the stress center in the brain_____
6. The hippocampus is responsible for controlling learning_____
7. Stress can cause depression and Alzheimer's_____
8. Epigenetic changes are changes to the brain size_____
9. Exercise and meditation can help combat stress_____
10. Exercise and meditation do not make your memory better_____

Where are the endocrine glands that control the HPA axis?

- Brain and spinal cord
- Skin and heart
- Brain and kidneys
- Stomach and kidneys

How does chronic stress affect your brain's size?

- AIt makes a swell like a balloon
- BIt reduces synaptic connections between neurons, causing the brain to shrink
- CIt increases synaptic connections, and therefore shrinks
- DIt doesn't, your brain size never changes

How does increased cortisol make you more afraid?

- AIt increases the activity of the neurons in the fear center of your brain, the amygdala
- BIt decreases the activity in your frontal cortex, which controls courage
- CIt tricks your brain into thinking there's danger
- DIt increases connections between neurons

What are epigenetic changes?

- AChanges to your genetic code, caused by environmental factors
- BChanges in which genes are expressed, caused by disease
- CChanges in which genes are expressed, caused by environmental factors
- DChanges in your genetic code, caused by disease

What function does the hippocampus NOT control?

- Learning
- Fear
- Memory
- Stress