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 increased cortisol make you more afraid?

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

What function does the hippocampus NOT control?

- Learning
- Fear
- Memory
- Stress

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

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

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