

Before you watch

A Match the words to the meanings.

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|-----------------|--------------------------|---|
| 1 physiological | ☐ | a a small quantity of something to show what it is like |
| 2 treadmill | ☐ | b having to do with the mind and thoughts |
| 3 sample | ☐ | c having to do with how the body works physically |
| 4 release | ☐ | d let out, free |
| 5 psychological | ☐ | e slim, but strong and healthy |
| 6 lean | ☐ | f an exercise machine on which you run |

While you watch

B Watch the DVD and decide if these statements are true or false. Write T for true and F for false.

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|--|--------------------------|
| 1 Kathy Matt and her research team are proving that stress is just in our mind. | ☐ |
| 2 Stress from rush hour traffic shows up as a chemical in the blood. | ☐ |
| 3 Adrenaline helps our body react quickly and with more force. | ☐ |
| 4 Cortisol gives us the energy for that quick physical push. | ☐ |
| 5 Fortunately, the body can tell the difference between the two types of stress. | ☐ |
| 6 All stress is bad. | ☐ |

After you watch

C Complete the summary of the DVD below using these words.

effect lifestyle longevity minimal negative physical series stress

Without at least a(n) (1) _____ amount of stress to give us energy, we could not get through the day. However, a very stressful (2) _____ can have a negative (3) _____ on our bodies. Dr Kath Matt and her colleagues are investigating what stress does to a body, and proving that stress is not just psychological but also physiological.

When our body experiences (4) _____ stress, it produces two hormones that give us energy: adrenaline and cortisol. It also produces them in cases of psychological (5) _____. Dr Matt and her team have put together a(n) (6) _____ of tests to show the effects of stress on the body.

While running on a treadmill, the woman's body releases a lot of stress hormones, but she's also using up every bit of energy they create. However, when she is stressed psychologically instead of physically, the same hormones are created, but no physical energy is used.

Too much cortisol weakens the bones and makes them more likely to break. This could create problems that have an impact on (7) _____, perhaps taking years off a person's life. Therefore, it is important to exercise regularly. Putting the body through the stress of exercise is one way to get rid of psychological stress and in that way preventing its (8) _____ effects.

D Discuss these questions with a partner.

- What causes you physical stress?
- What causes you psychological stress?
- What do you do to help relieve stress?

