

# HOW STRESS AFFECTS THE BODY

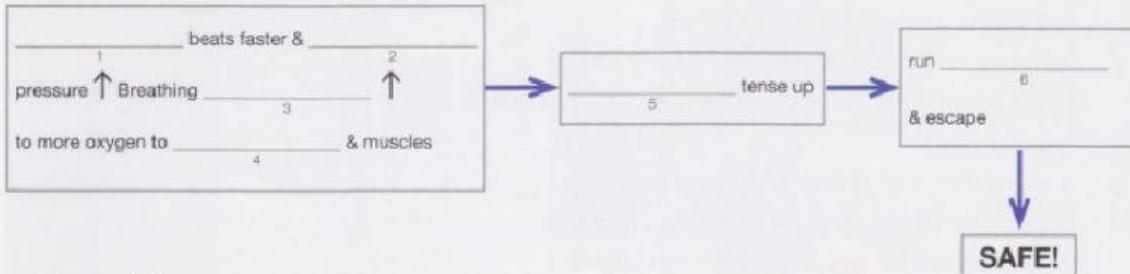
2. Read the sentences and answer choices. Then listen to the lecture and choose the correct answers.

1. Stress is \_\_\_\_\_.
  - a. almost always harmful to our health
  - b. harmful to our health when it lasts for a short time
  - c. important for our survival in a crisis
2. Acute stress \_\_\_\_\_.
  - a. is dangerous over the short term
  - b. does not last for a long time
  - c. is often harmful to our health
3. "Fight or flight" refers to \_\_\_\_\_.
  - a. the body's natural reaction to danger
  - b. the dangerous effects of stress on the body
  - c. the release of hormones from the brain, which makes us want to fight
4. Chronic stress \_\_\_\_\_.
  - a. can last for a short or long period of time
  - b. can make us sick because it lasts for a long time
  - c. does not last for very long but is very harmful
5. When compared to our ancestors thousands of years ago, today we experience \_\_\_\_\_.
  - a. more acute stress because life is more dangerous than ever before
  - b. more chronic stress because psychological fears last longer than physical danger
  - c. more acute and chronic stress because we are in more physical danger

3. Listen to segments of the lecture. Complete the flow charts to show the cause-and effect relationship.

## Segment 1

### ACUTE STRESS



## Segment 2

### CHRONIC STRESS

