

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.

