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

_____ (1) beats faster & _____ (2)
pressure ↑ Breathing _____ (3) ↑
to more oxygen to _____ (4) & muscles

→ _____ (5) tense up → run _____ (6) & escape → **SAFE!**

Segment 2

CHRONIC STRESS

Brain keeps _____ (7) _____ (8) hormones → blood pressure and heart rate stay _____ (9) and muscles don't _____ (10)

→ CAN _____ (11) YOU!

LIVEWORKSHEETS