

## Unit 9: Video C

Read the outline below, and try to predict some of the answers with a partner. Then watch segment 2 and complete each blank with one word.

memory

anxiety

depression

memory

energy

shrink

disease

reflexes

burnout

aging



Stress hormones can ...

- give us (1) \_\_\_\_\_,
- strengthen the immune system,
- improve (2) \_\_\_\_\_, and
- help (3) \_\_\_\_\_.

Negative stress causes neurons to (4) \_\_\_\_\_ and change shape.

The results include ...

- (5) \_\_\_\_\_ loss,
- greater (6) \_\_\_\_\_ and aggressiveness,
- signs of (7) \_\_\_\_\_,
- speeds up (8) \_\_\_\_\_, and
- more prone to (9) \_\_\_\_\_.

If we're unable to manage stress, the result can be (10) \_\_\_\_\_.