2.3 **1.25** **LISTEN FOR MAIN IDEAS** 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

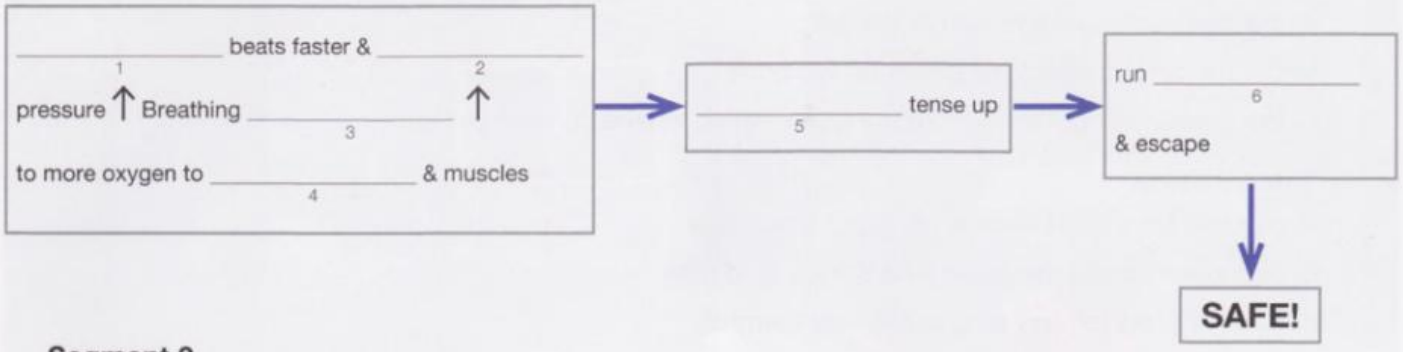
5. When compared to our ancestors thousands of years ago, today we experience _____.
   - **a.** more acute stress because life is more dangerous than ever before
   - **b.** more chronic stress because psychological fears last longer than physical danger
   - **c.** more acute and chronic stress because we are in more physical danger

LIVEWORKSHEETS

2.5 LISTEN FOR DETAILS Listen to segments of the lecture. Complete the flow charts to show the cause-and-effect relationships.

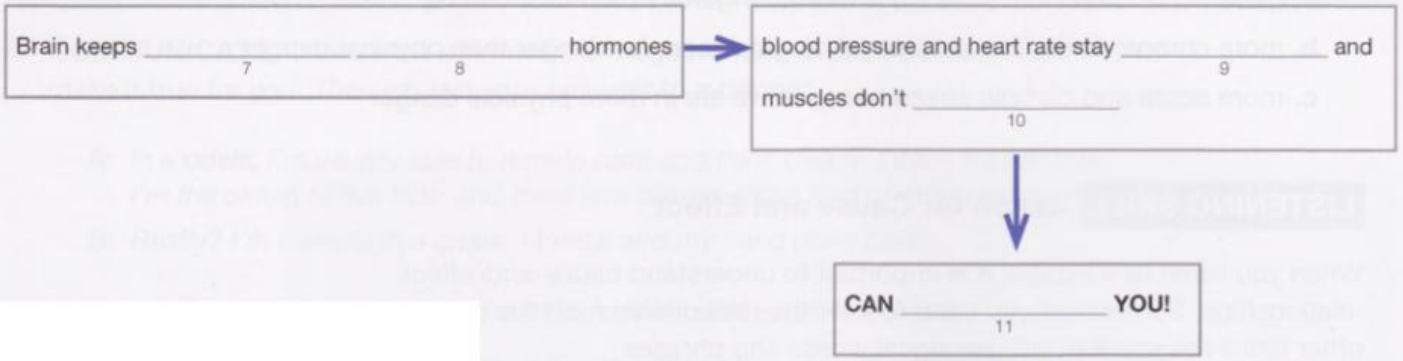
Segment 1

ACUTE STRESS



Segment 2

CHRONIC STRESS



LIVEWORKSHEETS