

Name \_\_\_\_\_ Date \_\_\_\_\_

# HOMEWORK

A. Watch the video and choose the best answer.

1. Stress has been shown to affect almost every physiological system we have.
2. Stress even affects cells at the molecular level.
3. Telomeres, the protective coatings at the end of chromosomes, get frayed.
4. The telomeres get worn by stress, mimicking the effects of aging.
5. In a world now filled with cell phones and BlackBerrys, instant messaging, and expectations at 24/7, our brains can get a stress signal every time an e-mail comes in.
6. Those who don't manage stress, psychologist Christina Maslach discovered, can reach a breaking point.