

Watch the video and mark the sentences true (T) or false (F)

1. Stress is always a bad thing_____
2. Being stressed can change your brain _____
3. The brain and the kidneys controls the body's reaction to stress_____
4. Cortisol prepares your body for instant action_____
5. The amygdala is the stress center in the brain_____
6. The hippocampus is responsible for controlling learning_____
7. Stress can cause depression and Alzheimer's_____
8. Epigenetic changes are changes to the brain size_____
9. Exercise and meditation can help combat stress_____
10. Exercise and meditation do not make your memory better_____

Where are the endocrine glands that control the HPA axis?

- ☐ A Brain and spinal cord
- ☐ B Skin and heart
- ☒ C Brain and kidneys
- ☐ D Stomach and kidneys

How does increased cortisol make you more afraid?

- ☐ A It increases the activity of the neurons in the fear center of your brain, the amygdala
- ☐ B It decreases the activity in your frontal cortex, which controls courage
- ☐ C It tricks your brain into thinking there's danger
- ☐ D It increases connections between neurons

What function does the hippocampus NOT control?

- ☐ A Learning
- ☐ B Fear
- ☐ C Memory
- ☐ D Stress

How does chronic stress affect your brain's size?

- ☐ A It makes a swell like a balloon
- ☐ B It reduces synaptic connections between neurons, causing the brain to shrink
- ☐ C It increases synaptic connections, and therefore shrinks
- ☐ D It doesn't, your brain size never changes

What are epigenetic changes?

- ☐ A Changes to your genetic code, caused by environmental factors
- ☐ B Changes in which genes are expressed, caused by disease
- ☐ C Changes in which genes are expressed, caused by environmental factors
- ☐ D Changes in your genetic code, caused by disease