

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) _____.