Stress: Portrait of a Killer

[bit.ly/StressDocumentary](http://bit.ly/StressDocumentary)

Answer in point form if you wish, but make sure that your answers are complete and correct. Refer to the video transcript if you missed anything. If you want to do these on paper, please answer on loose-leaf.

1. List three things stress can do to your body and/or brain.

2. What two hormones are the backbone to the stress response?

3. What happens while the stress response is on?

4. What is the relationship between hierarchy and stress levels (what happens to baboons physiologically who are at the bottom of hierarchy)?

5. What did the White Hall study show about people in the lower end of the hierarchy?

6. What did people attribute ulcers to?

7. What was the new discovery about what causes ulcers?

8. How does stress contribute to ulcers?

9. What did they find based on the stressed rat’s brain? (Be specific with brain part and function)

10. What is the purpose of dopamine? What does rank affect dopamine levels?

11. Dutch Hunger Winter – What did they find about babies conceived during this famine?

12. How were the fetuses affected by the famine?

13. What are telomeres and their function?

14. What did the women with chronically ill children show about telomeres?

15. Which baboons died and which ones survived?

16. How did the baboons’ troop culture change after the death of the alpha males?

17. What physiological changes happen to the renewed troop?

18. What things can help reduce stress?