

NAME: _____ PERIOD: _____ SCORE: _____

STRESS: PORTRAIT OF A KILLER

1. (Stress) once its _____ was to save us.
2. What once helped us _____ has become the scourge of our lives.
3. All of us have a _____ with stress, but few of us know how it operates within us.
4. Where does Dr. Robert Sapolsky teach? _____
5. For a few weeks every year, Dr. Sapolsky shifts his lab _____ miles away in Kenya, Africa.
6. They're a perfect model for Westernized _____ related disease.
7. To make sense of what's happening in your body, you've got two hormones that are the workhorses of the whole stress response: _____ and glucocorticoids.
8. When you run for your life, _____ are all that matter.
9. When the zebra escapes, its stress _____ shuts down. But human beings can't seem to find their _____ switch.
10. By not turning off the stress response when reacting to life's traffic jams, we wallow in a corrosive _____ of hormones.
11. Stress is the body's way of _____ to a challenge whether the challenge is life threatening, _____, or fun.
12. The goal in life isn't to get rid of stress. The goal in life is to have the _____ type of stress.

13. With rollercoaster rides, you relinquish a little bit of _____ in a setting that feels safe.
14. A huge component of stress is a lack of control and _____.
15. In Great Britain, Professor Sir Michael Marmot was leading a study that tracked the health of _____ people over _____ years named Whitehall.
16. A perfect laboratory to determine whether in humans there might be a link between _____ and stress.
17. As in previous seasons, Robert measures how individuals at every level of the baboon hierarchy _____ to and _____ from stress.
18. Anticipating the long reach of stress is a _____ idea for when Robert was Rachel's age, scientists believed stress was the cause of only one major problem.
19. The connection between stress and ulcers was mainstream medical gospel until the early _____s.
20. So no longer would the solution be _____, now it could be something as simple as a pill.
21. So stress can cause ulcers by disrupting our body's ability to _____.
22. Sapolsky collaborated with his mentor Dr. Bruce McEwen, to follow the _____ of stress into the brain.
23. The team made an astonishing find. While the cells of normal rat brains have _____ branches, stressed rats brain cells were dramatically _____.
24. Stress in these rats _____ the part of their brain responsible for memory.
25. Just like stress, _____ is linked to the chemistry of the brain. When a neurotransmitter called dopamine is released in the brain, it _____ to receptors signaling pleasure.

26. Dr. Shively says "The most amazing observation that I've made in my lab is this idea that stress could actually change the way you _____ fat on your body."

27. Fat brought on by stress is _____ fat.

28. Whatever it is that works for an individual they need to value stress _____. The problem in our society is that we don't value stress reduction. We in fact value the opposite. We admire the person who not only _____ and does two things at once, but does _____ things at once.

29. The length of the telomeres, directly relates to the _____ of stress somebody is under and the _____ of years they've been under the stress.

30. So perhaps _____ with and helping others can help us to mend ourselves and maybe even live longer, healthier lives.