

## **Stress: Portrait of a Killer Worksheet**

Video can be found on Netflix. Just type in the title in the search bar on youtube, or go to: <https://www.youtube.com/watch?v=eYG0ZuTv5rs>

1. How are baboons stressed (in comparison to the typical ways animals are stressed)?
2. What does Sapolsky measure in the blood of baboons?
3. What does it mean that human beings can't find their "off switch?"
4. In baboons, how are stress hormones, heart rate, and blood pressure related to one's position in the social hierarchy?
5. What does Sapolsky say about the physical and neurological consequences of stress?
6. Why are workers in the British Civil Service good to study when considering stress?
7. What did the Civil Service study discover about hierarchy and health?
8. Historically, what was the first physical problem tied to stress? Also, what recent discovery about ulcer causing bacteria supports this connection?
9. What has Carol Spively discovered about stress in observing the macaque monkeys?

10. What area of the brain is highly affected by stress, and what mental ability is this area responsible for?
11. What neurotransmitter is connected with pleasure, and how is this neurotransmitter affected by social hierarchy?
12. What are the consequences of dopamine depletion? What symptom of depression is this connected with?
13. How is stress and life expectancy tied to where you live?
14. What is the connection between stress and where you put on weight?
15. As a culture do we value a less stressed or a more stressed lifestyle? Explain
16. What was the “Dutch Hunger Winter,” and how were people who were born during this time or soon after affected by it later as adults?
17. Tell about how mothers with a child who has special needs are affected by the stress they experience...
18. In the Kikorock baboon tribe, when many died of tuberculosis, which types of baboons were more likely to survive? Less likely?
19. How is control in the work environment related to stress?