**Video Title:** Stress and the Brain: Jaime Tartar at TEDxNSU

**Video URL:** YouTube URL: <https://www.youtube.com/watch?v=XQeDYBS63lY>

**Run Time/Source:** 14:42

**Source:** TEDx Talks/YouTube

**Closed Caption Available:** Yes

Chapter 12 discusses the relationship between stress and health. According to the chapter, stress can have serious health consequences for a person, including illness. Fortunately, there are ways to cope with the stress that can reduce negative health issues. This video presents a lecture by Dr. Jamie Tartar on stress, its effects, and how to reduce stress. As you watch the video, answer the following questions:

1. How does the body react physically to stress?

2. What role does cortisol play in a stress reaction?

3. How do “daily life hassles” relate to stress? What are some examples of this source of stress for you?

4. What are the four factors involved in the HPA axis and what effect do they have?

5. What are some of the things that one can do to deal with stress?