

## Transcript of 238anat15mar

Every species has a fight or flight response

12:46am, Thurs, Mar 15, 2018 by Mariah

notice the difference between long term vs short term

12:46am, Thurs, Mar 15, 2018 by MsGardner

So when animals die because of stress, is it because it's more stress then they're suppose to feel like that dog in space?

12:47am, Thurs, Mar 15, 2018 by Julio

it can be instant, but not usually; it's the impact of long term stress

12:48am, Thurs, Mar 15, 2018 by MsGardner

Is a hormone that makes you sick when you're stressed for so long?

12:49am, Thurs, Mar 15, 2018 by Raena

Different personalities handle stress differently

12:50am, Thurs, Mar 15, 2018 by Samira

no: hormones trigger metabolic pathways, use energy, divert resources Away from 'maintenance'

12:51am, Thurs, Mar 15, 2018 by MsGardner

domiate monkeys are the most stressed

12:52am, Thurs, Mar 15, 2018 by brandy🌹

Dominant monkeys become more stressed, because it equals to aggression which = to stress

12:52am, Thurs, Mar 15, 2018 by Leeann

1/3 of a moneys diet is fat , which is alot for them

12:53am, Thurs, Mar 15, 2018 by brandy🌹

Animals who are not dominant don't experience the same cardiovascular issues

12:53am, Thurs, Mar 15, 2018 by AdriannaMar

Does a high fat diet cause stress

12:53am, Thurs, Mar 15, 2018 by Miguel

Doesn't living an a cage cause stress

12:54am, Thurs, Mar 15, 2018 by Mariah

Dominant animals experience twice as much stress as the subordinates much like humans

12:54am, Thurs, Mar 15, 2018 by Alicia

So does getting mad/stressed and your blood pressure goes up cause your face to turn red?

12:58am, Thurs, Mar 15, 2018 by Raena

it can coincide

1:00pm, Thurs, Mar 15, 2018 by MsGardner

coincide

1:00pm, Thurs, Mar 15, 2018 by MsGardner

no a high fat diet does not cause stress; there is a correlation between a high fat diet, high stress, and health

1:01pm, Thurs, Mar 15, 2018 by MsGardner

people who are hostile tend to have a higher blood pressure than others and can lead to serious concequences

1:02pm, Thurs, Mar 15, 2018 by brandy🌹

**40 thousand heartattacks have happened due to stress**

1:03pm, Thurs, Mar 15, 2018 by AdriannaMar

**Can so much stress cause a healthy heart to fail eventually?**

1:04pm, Thurs, Mar 15, 2018 by Raena

**depends: short term or long term?**

1:09pm, Thurs, Mar 15, 2018 by MsGardner

**I want a marriage like the first couple**

1:09pm, Thurs, Mar 15, 2018 by Mariah

**Long term stress..**

1:09pm, Thurs, Mar 15, 2018 by Raena

**Only 3% of couples are distressed**

1:10pm, Thurs, Mar 15, 2018 by brandy🌹

**The more stress your under the more vulnerable you are towards illnesses**

1:14pm, Thurs, Mar 15, 2018 by Alicia

**a healthy heart depends upon diet and other factors**

1:14pm, Thurs, Mar 15, 2018 by MsGardner

**The more you're stresses the more productive you are**

1:20pm, Thurs, Mar 15, 2018 by Samira

**Stress is benefical to a certain extent**

1:20pm, Thurs, Mar 15, 2018 by Fernando

**Is there any other ways to relieve stress**

1:20pm, Thurs, Mar 15, 2018 by Miguel

**We should do some yoga in class**

1:20pm, Thurs, Mar 15, 2018 by Mariah

**Can mental illnesses be caused by stress.**

1:21pm, Thurs, Mar 15, 2018 by Raena

**no**

1:21pm, Thurs, Mar 15, 2018 by MsGardner

**And can those hose stress relief**

1:21pm, Thurs, Mar 15, 2018 by Raena

**.. relieving exercises help mental illnesses?**

1:22pm, Thurs, Mar 15, 2018 by Raena

**all people, mentally ill or not, experience some stress and depending upon the amount of stress, may need to destress**

1:24pm, Thurs, Mar 15, 2018 by MsGardner

**but like all people, the way used to de-stress varies**

1:25pm, Thurs, Mar 15, 2018 by MsGardner

**Monks are really good at meditating**

1:34pm, Thurs, Mar 15, 2018 by Vanessa