

Transcript of 2ndanat21feb

wait for it...

8:58am, Tues, Feb 21, 2017 by g

Why do animals get stressed?

8:59am, Tues, Feb 21, 2017 by nikki

like he said, 'running for life'

8:59am, Tues, Feb 21, 2017 by 'rug

that's the point tho: mobilization of resources

8:59am, Tues, Feb 21, 2017 by 'rug

How come with am

9:00am, Tues, Feb 21, 2017 by Rachel

So animals have stress for a few seconds while we stress for awhile

9:00am, Tues, Feb 21, 2017 by Diana

Why dont they get stressed like us why dont they worry as much

9:00am, Tues, Feb 21, 2017 by nikki

Isn't that guy from happy gilmore?

9:00am, Tues, Feb 21, 2017 by Armendariz

Why does a person or animals heart rate and blood pressure increase

9:01am, Tues, Feb 21, 2017 by Andrew

Why do the animals have short term worry?

9:01am, Tues, Feb 21, 2017 by Armendariz

fight or flight

9:01am, Tues, Feb 21, 2017 by 'rug

Fight or flight= survival mode?

9:02am, Tues, Feb 21, 2017 by Diana

how can animals turn off their stress ?

9:02am, Tues, Feb 21, 2017 by Rachel

Why are they going back and forth from the two animals?

9:02am, Tues, Feb 21, 2017 by Val

yes diana

9:02am, Tues, Feb 21, 2017 by 'rug

because baboons (primates) have different social interactions than other animals

9:02am, Tues, Feb 21, 2017 by 'rug

What happens when baboons have too much stress?

9:03am, Tues, Feb 21, 2017 by Armendariz

So animals get high blood pressure?

9:04am, Tues, Feb 21, 2017 by nikki

So can they get diabetes?

9:04am, Tues, Feb 21, 2017 by nikki

Do the baboons know they stress? Or what it is?

9:04am, Tues, Feb 21, 2017 by Viviana

diabetes isn't necessarily from stress

9:04am, Tues, Feb 21, 2017 by 'rug

So do the baboons have both long term and short term stress?

9:04am, Tues, Feb 21, 2017 by Armendariz

baboons have both

9:04am, Tues, Feb 21, 2017 by 'rug

Up to how much stress does it take for the Baboon to start getting ulcers etc..?

9:05am, Tues, Feb 21, 2017 by Rachel

ulcers are rarely from stress; most are from bacterial infection

9:06am, Tues, Feb 21, 2017 by 'rug

Is it possible for there to ever be a "cure" for stress

9:07am, Tues, Feb 21, 2017 by Isabel

How do monkeys decide Who's the dominant monkey?

9:08am, Tues, Feb 21, 2017 by Diana

So theu put monkeys together so they can fight

9:08am, Tues, Feb 21, 2017 by nikki

evaluate stress, to see what social position produces the most stress

9:08am, Tues, Feb 21, 2017 by 'rug

Why does more dominance equal more stress? Wouldn't you worry less?

9:09am, Tues, Feb 21, 2017 by Armendariz

you have to maintain your dominance

9:10am, Tues, Feb 21, 2017 by 'rug

Do they stress the same way humans do?

9:10am, Tues, Feb 21, 2017 by Viviana

Is a persons stresses and coping methods from genetics

9:10am, Tues, Feb 21, 2017 by Andrew

Dont their arteries clog because they give them all that fat food

9:10am, Tues, Feb 21, 2017 by nikki

Does fat food lower their stress ? Or why do they give them fat food ?

9:11am, Tues, Feb 21, 2017 by Rachel

Why dont they feed the monkeys what thier used to Eating

9:11am, Tues, Feb 21, 2017 by nikki

yes, diet impacts artery clogging BUT it has to be in combination with 'hostility'

9:12am, Tues, Feb 21, 2017 by 'rug

to induce heart attacks...nonhostile with high fat doesn't produce as many heart attacks

9:12am, Tues, Feb 21, 2017 by 'rug

What makes a person generally hostile or non hostile

9:12am, Tues, Feb 21, 2017 by Isabel

personality is part of it

9:13am, Tues, Feb 21, 2017 by 'rug

Do diets have something to do with Stress?

9:14am, Tues, Feb 21, 2017 by Armendariz

Why are they using numbers to stress her out

9:14am, Tues, Feb 21, 2017 by nikki

Whats hostile mean

9:15am, Tues, Feb 21, 2017 by nikki

Is your personality based on how you were raised?

9:16am, Tues, Feb 21, 2017 by Diana

quickness to anger and aggression

9:16am, Tues, Feb 21, 2017 by 'rug

How can feel stress by only thinking about something that got you angry or stress before?

9:16am, Tues, Feb 21, 2017 by Alondra

How come low hostile people tend to have not so tight fight or flight

9:16am, Tues, Feb 21, 2017 by Rachel

personality and how reared definitely impact your responses

9:16am, Tues, Feb 21, 2017 by 'rug

that's the question

9:17am, Tues, Feb 21, 2017 by 'rug

So you can die from stress?

9:17am, Tues, Feb 21, 2017 by nikki

not directly

9:17am, Tues, Feb 21, 2017 by 'rug

Does stress increase more by talking about a stressful incident ? Or being there to witness the incident ?

9:17am, Tues, Feb 21, 2017 by Rachel

that was the difference in 'hi' vs 'lo' hostile people; in hi hostile stress living and reliving the same

9:18am, Tues, Feb 21, 2017 by 'rug

What else does stress effect to cause more health problems?

9:20am, Tues, Feb 21, 2017 by Armendariz

So both animals and human suffer from cardiac problems from stress?

9:20am, Tues, Feb 21, 2017 by Devette

Why do you get blisters

9:21am, Tues, Feb 21, 2017 by nikki

Should you be with someone you disagree with or is it to much stress?

9:22am, Tues, Feb 21, 2017 by nikki

So they argue Becuse they dint communicate as much

9:25am, Tues, Feb 21, 2017 by nikki

they argue because they're human

9:26am, Tues, Feb 21, 2017 by 'rug

Who has more stress levels Male or females?

9:26am, Tues, Feb 21, 2017 by Armendariz

Can stress affect the way your body heals?

9:26am, Tues, Feb 21, 2017 by Diana

look at the results they provide, does it?

9:27am, Tues, Feb 21, 2017 by 'rug

Can you die from being to calm?

9:29am, Tues, Feb 21, 2017 by nikki

not exactly

9:29am, Tues, Feb 21, 2017 by 'rug

Is stress needed to maintain body functions?

9:30am, Tues, Feb 21, 2017 by Armendariz

some stress is normal and should happen

9:31am, Tues, Feb 21, 2017 by 'rug

So questions cause stress?

9:33am, Tues, Feb 21, 2017 by nikki

Does critical thinking cause stress?

9:34am, Tues, Feb 21, 2017 by Andrew

the situation & her saying, 'faster'

9:34am, Tues, Feb 21, 2017 by 'rug

So when you feel rushed are you more stressed?

9:36am, Tues, Feb 21, 2017 by Devette

If critical thinking does cause stress then why do we have critical thinking if we want less stress?

9:36am, Tues, Feb 21, 2017 by Armendariz

Depression happens with stress?

9:36am, Tues, Feb 21, 2017 by nikki

How does breathing slow lower ur stress?

9:38am, Tues, Feb 21, 2017 by Val

So if your prego and ur really stressed ur baby can die?

9:38am, Tues, Feb 21, 2017 by nikki

How does Stress play a role on her not getting pregnant?

9:40am, Tues, Feb 21, 2017 by Rachel

How do they heat it?

9:40am, Tues, Feb 21, 2017 by nikki

How do they do that?

9:41am, Tues, Feb 21, 2017 by Val

So less stress equals more control over your body?

9:41am, Tues, Feb 21, 2017 by Armendariz

Why cant we do that

9:41am, Tues, Feb 21, 2017 by nikki

How did saying calm get him warmer?

9:41am, Tues, Feb 21, 2017 by Rachel

But when ur cold shouldnt u move around to keep warm

9:42am, Tues, Feb 21, 2017 by nikki

you can, just not to that extent

9:42am, Tues, Feb 21, 2017 by 'rug

Does meditation work for everyone

9:46am, Tues, Feb 21, 2017 by Isabel

Dodoes ur brain shut down mostly when meditating

9:46am, Tues, Feb 21, 2017 by nikki

How does meditation get more waves then thinking about animals (whatever)

9:47am, Tues, Feb 21, 2017 by Rachel

yes; praying, meditation, etc. all impact the reduction of stress

9:47am, Tues, Feb 21, 2017 by 'rug

again, what part of the brain was stimulated

9:47am, Tues, Feb 21, 2017 by 'rug

Is meditating a religiose thing?

9:49am, Tues, Feb 21, 2017 by nikki