

# Watch a movie and answer 3 questions

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Stress, Portrait of a Killer Q1. In the documentary “ Stress, Portrait of a Killer”, Robert Sapolsky, presents physiological and psychological impacts of stress. Physiologically, stress messes up with the metabolism of the body. The body shuts normal systems such as digestion, growth and reproduction as well as the immune system. Stress increases the risk of becoming diabetic and increased blood pressure. Digestive system shutdown can lead to gastrointestinal disorders. In children, stress stimulates the constant release of glucocorticoids, which suppresses the secretion of growth normal hormones. Suppressed immune system exposes stressed individuals to contagious diseases. Psychologically, Sapolsky explains that stress impairs brain function. It makes it difficult for certain neurons to endure neurological attacks. Some brain neurons do not function properly under stress.

Q2.

According to Sapolsky, individuals in the lowest social hierarchy are most vulnerable to stress. In his study, Sapolsky found out that low-ranking baboons and type A individuals were most susceptible to stress. The higher one is in the social hierarchy, the lower the chance of stress. When you fall into a lower social rank, stress level is likely to increase while climbing higher in the social hierarchy leads to a fall in stress level.

Q3.

When I am stressed, I usually resort to taking a nap. There is this instance when I failed to complete my assignment in high school because I had mistaken the deadline. This assignment was very crucial for my graduation from high school and the professor was very strict and could not entertain late assignment deliveries. I turned pale. As usual, I found myself slumbering on a couch. When I woke up, I was fresh to devise a strategy,  
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which I would use to convince the professor. Fortunately, I had fallen ill two days before the deadline and had medical evidence. I suddenly figured out this could rescue me and amazingly, it worked. Taking a nap usually relieves much of the pressure from stress and refreshes my brain.