Stress & the Teenage Brain

5/28 Behavior Expectations Review

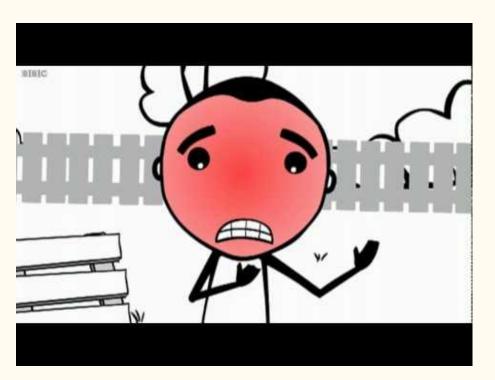
Stress and the Teenage Brain

Pair-Share:

1) Come up with a definition for *stress*.

2) What kind of things in your life make you feel stressed out?





Think about while viewing:

- 1) Evolutionarily speaking, why do we have a stress response?
- 2) What negative impacts can stress have on the body over time?
- 3) What does the video suggest we should do when we feel stressed out?

What do you do when you're feeling stressed out?