

# Stress & the Teenage Brain

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5/28 Behavior Expectations Review





## 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?**