



ENGLISH CONVERSATION CLASS
INTERMEDIATE
NOVEMBER WEEK N°2

Topic: Daily stress and how to manage it

Play this video and answer the following questions:

<https://www.youtube.com/watch?v=WuyPuH9ojCE>

- 1. What is the initial response of the brain to stress according to the video?**
 - a. It releases adrenaline
 - b. It activates the hypothalamus pituitary adrenal axis
 - c. It increases serotonin levels
 - d. It calms the body
- 2. What hormone is released when the brain detects a stressful situation?**
 - a. Cortisol
 - b. Adrenaline
 - c. Dopamine
 - d. Norepinephrine
- 3. Which part of the brain is associated with fear and becomes more active during chronic stress?**
 - a. Hippocampus
 - b. Amygdala
 - c. Prefrontal cortex
 - d. Cerebellum
- 4. What impact does chronic stress have on the hippocampus?**
 - a. It increases its size
 - b. It has no effect
 - c. It weakens its function
 - d. It enhances memory
- 5. Which two activities are mentioned in the video as ways to reverse the effects of cortisol on the brain?**
 - a. Reading and writing
 - b. Socializing and gaming
 - c. Sleeping and eating
 - d. Exercise and meditation

Answer Key:

1. b 0:53
2. a 1:08
3. b 1:24
4. c 1:39
5. d 3:34