

# National Geographic: The Science of Stress

<https://www.youtube.com/watch?v=ZyBsy5SQxqU>

What are five problems/diseases that can happen because we are under too much stress:

- 1-
- 2-
- 3-
- 4-
- 5-

One fun fact or piece of information about the stress response in humans:

Something interesting that you saw or heard about stress:

A new piece of information about stress that you never knew:

Two questions that you have because of this video: