External Links – Stress (Ch 7)

http://www.learner.org/vod/vod_window.html?pid=1589
Emotions, Stress, and Health
Commentary from scientists, dramatic reenactments, and graphic illustrations show the consequences of prolonged stress on health. Animated diagrams show the brain releasing hormones, followed by a role-playing situation illustrating on-the-job stress that may set this process in motion. Researchers explain how low-level stress leads to the breakdown of frontal lobe functioning.

http://www.learner.org/vod/vod_window.html?pid=1590
Stress: Locus of Control and Predictability
The classic rat experiment described by Dr. Jay Weiss of Rockefeller University, New York, is presented in this module. Two rats are connected to a stressor — an electric shock to the tail. One rat is able to turn off the stimulus by turning a wheel, while the other receives the stress stimulus regardless of what it does. The rat with more control is shown to suffer fewer deleterious health consequences.