STRESS: Portrait of A Killer

1. Once, stress had a purpose to SAVE us.

2. Chronic stress can shrink our BRAINS, add fat to our BELLIES, and even unravel our chromosomes.

3. The onslaught of the modern world can stress us to the point of DEATH.

4. What baboon hormones did Robert study as the backbones of the stress response?

ADRENALINE & Glucocorticoid

5. Unlike animals, human beings can’t seem to find their OFF switch.

6. Stress is the body’s way of rising to a CHALLENGE.

7. Dominant male baboons exhibited LOW levels of stress hormone.

8. Those baboons that ranked low had INCREASED heart rates and higher blood PRESSURE thus linking stress to deteriorating health.

9. The Whitehall study showed that the lower you were in the hierarchy, the higher your risk of HEART disease and other diseases. Thus, position in the hierarchy intimately related to your risk of disease and length of life.

10. The first stress-related disease discovered was peptic ULCERS.

11. When stressed, the body begins SHUTTING DOWN all non-essential body systems, such as the immune system.

**STRESS & THE BRAIN**

12. Stressed rats’ brain cells were dramatically SMALLER especially the areas of the brain responsible for learning & MEMORY.

13. “Stress makes you STUPID.”

14. The Whitehall study found a link between stress, your position in the social hierarchy, and how you put on WEIGHT.

15. Stress can actually change the way you deposit FAT on your body.

16. Fat brought on by stress is DANGEROUS fat!

**WE DON’T VALUE STRESS REDUCTION!**

17. Multi-tasking is incredibly STRESSFUL yet we tend to value this “skill” in our society.

**HALF THE MALES IN ROBERT’S STUDY DIED FROM EATING TAINTED MEATS.**

18. Surprisingly, every ALPHS male died. The tragedy showed how the absence of stress reduced the problems in Robert’s baboon society.

19. In general, when people feel they have more control at work, the amount of ILLNESS goes down.

20. Are we brave enough to learn from a baboon? The troop didn’t just survive, they THRIVED!