

BIOMED: Anxiety Article Questions

1. How does the anxiety response eventually become a damaging factor?
2. How does stress negatively affect our metabolism and digestion?
3. Provide some examples of negative Anxiety Disorders.
4. What are the effects the body experiences from excessive stress hormones?
b) What is the name of the main stress hormone in our body?
5. How can the right amounts of anxiety hormones actually help us? Provide 4 examples of this.
6. How is "challenge" stress different than "threat stress"?
7. In the "Saber-Tooth" tiger example, how can anxiety hormones help increase our chance of survival when faced with such a ferocious beast?
8. Describe the steps in the how fear and anxiety play out in the brain.
9. Discuss the "Amygdala" and how it is involved in our fear reaction.
10. At what point does anxiety rear its ugly head in response to how we handle stress?
11. What is the BNST? How is it involved in nervous system regulation?
12. In what ways do the "Fight or Flight Response" differ from Anxiety in the way it affects our learning?
13. What are some strategies that people can use in order to manage their anxiety, so that they can overcome phobias?