

# Psychological Science Behind Stress

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Feeling a little stressed out? Whether it's impending final exams, a business presentation, family troubles or just your daily commute stress consumes many of us. Check out this video about the human stress response featuring Robert Sapolsky, Professor of Neurology and Neurological Sciences at Stanford University.

As we've evolved, the human stress response has saved our lives. Today, we turn on the same life-saving physical reaction to cope with intense, ongoing stressors – and we can't seem to turn it off. Sapolsky reveals just how dangerous prolonged exposure to stress can be in clips from the National Geographic documentary, "Stress: Portrait of a Killer."