**Cold Hands, Fast Heart**

**Read the worksheet. Answer the following questions or complete the following statements.**

1. The body’s response to stress is to f\_\_\_\_\_\_\_\_\_\_\_\_ or f\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Two glands located in the brain are h\_\_\_\_\_\_\_\_\_\_\_ gland and p\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Three stress hormones are called e\_\_\_\_\_\_\_\_\_\_, c\_\_\_\_\_\_\_\_\_\_\_ and n\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Why may someone experience a headache when under stress?
5. What does the word nauseated mean (use a dictionary or context clues)?
6. Why may someone experience a pounding heart when under stress?
7. Serotonin may be blocked when you are stressed. What does serotonin control?

Standards: 4.6,4.7