**Physical Stress Response Graphic Organizer**

*Read and watch the resources below. Fill out the graphic organizer as you learn. You will use this later.*

* Read this: <https://www.apa.org/topics/stress-body>
* Watch this: How Stress Affects Your Body TedEd <https://ed.ted.com/lessons/how-stress-affects-your-body-sharon-horesh-bergquist>

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| **Part**: What are its various pieces or components? | **Purpose**: What are the role/function of each of these parts? |
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| **Complexities**: How is it complicated in its parts and purposes, the relationship between the two, or in other ways? | |
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