

Short- and Long-term Stress Responses

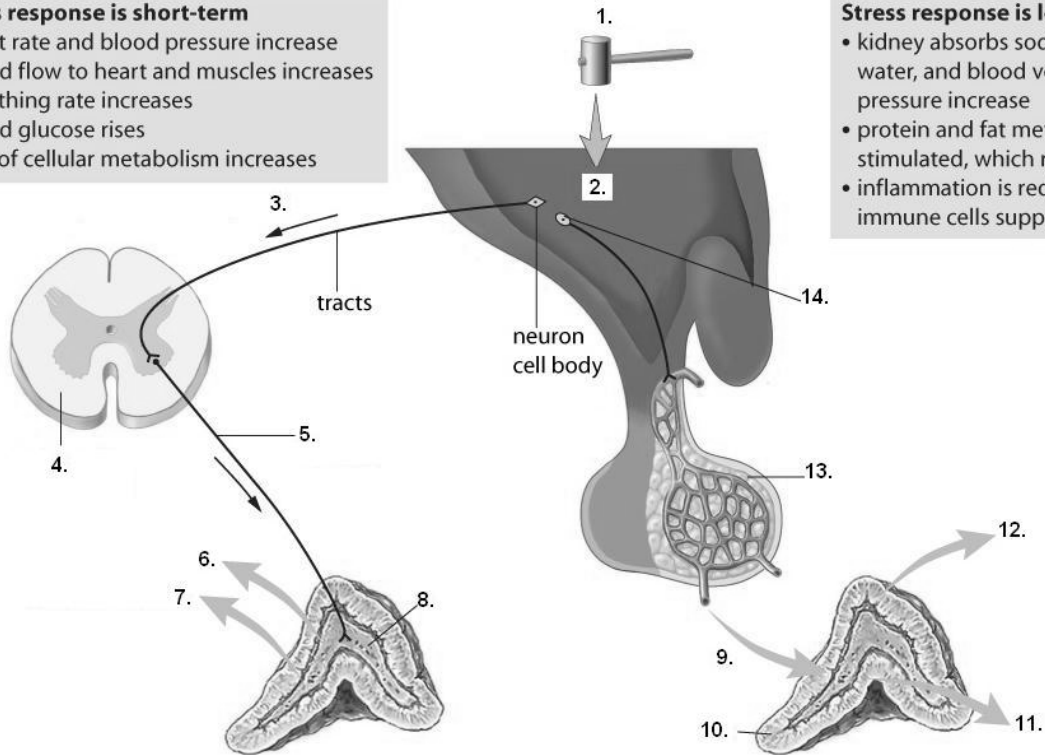
Provide labels for the following diagram.

Stress response is short-term

- heart rate and blood pressure increase
- blood flow to heart and muscles increases
- breathing rate increases
- blood glucose rises
- rate of cellular metabolism increases

Stress response is long-term

- kidney absorbs sodium ions and water, and blood volume and pressure increase
- protein and fat metabolism stimulated, which releases glucose
- inflammation is reduced and immune cells suppressed



- | | |
|----------|-----------|
| 1. _____ | 8. _____ |
| 2. _____ | 9. _____ |
| 3. _____ | 10. _____ |
| 4. _____ | 11. _____ |
| 5. _____ | 12. _____ |
| 6. _____ | 13. _____ |
| 7. _____ | 14. _____ |