Chapter 11: Psychological, Health and Stress

**Video Title:** To Heal or not to Heal

**Video URL:** <https://www.youtube.com/watch?v=jyowYG5ZLrk&feature=channel&list=UL>

**Run Time:** 11:18

**Source:** YouTube

**Close Caption Available:** Yes

This video reviews the effects of stress on the body's ability to heal itself.

Questions:

1. Explain how researchers can study psychological health versus physical health measuring wound healing
2. How can stress affect the immune system?
3. True or False. Prolonged stress can lead to adverse health effects