

CONCEPT CHECK

- There is evidence that the immune system is influenced by the brain and vice versa. What is an example where the brain influences the immune system? What is an example where the immune system influences the brain?
- What are the two pathways of the stress response that we have evolved to save us from threats such as bears? What are some of the effects of the stress response for psychopathology?
- What are the functions and structure of the ANS?
- According to McEwen, the overall stress response involves two tasks for the body. What are they? What are the impacts of prolonged stress on these mechanisms?
- How is the tend-and-befriend response different from the fight-or-flight response?
- Does social stress produce a similar reaction to physical stress? What factors would you cite in support of your answer?