From looming exams to financial hardships, stress and anxiety are parts of modern life that affect people of all ages. News stories cover stress and related diseases such as post-traumatic stress disorder (PTSD), but don’t explain the details. Help your audience learn the science behind stress and anxiety.

**Background**

- Prepare to talk to the public about stress and anxiety with these accessible articles: Stress: An Overview, Stress: Immediate Response, and Stress: The Role of Glucocorticoids.
- Get your audience engaged with the Brain Awareness Video Shootin’ from the Hippocampus.

**Hands On**

- Explore interactive lessons with Amazing Cells from the University of Utah. Incorporate hands-on activities using Goosebumps: The Science of Fear and Fear and the Brain, both from the California Science Center.

**Diving Deeper**

- Explore how stress and society intersect with the article Brain, Behavior, and Environmental Change, and the video Gulf Oil Spill and Mental Health.
- Increase awareness of PTSD by teaching about fear and then showing a video on blocking painful memories.
- Looking for more? Explore all of the stress and anxiety resources on BrainFacts.org.