

Stress Ted Talks

Stress & Your Brain

<https://www.youtube.com/watch?v=WuyPuH9ojCE>

Stress on Your Body

<https://www.youtube.com/watch?v=v-t1Z5-oPtU>

Stress Management Strategies

<https://www.youtube.com/watch?v=0fL-pn80s-c>