

20191003-Video-Links-on-Stress

Very Good - What Happens in Our Body When it is Under Stress

YouTube Channel – Crash Course

Video Name - How stress affects your body - Sharon Horesh Bergquist

Time: **4:42 minutes**

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

Very Good – Why to Exercise in the Morning – Intro to BDNF (Important)

YouTube Channel – Kram Gallery

Video Name - Morning Exercise = Mental Health

Time: **2:12 minutes**

<https://www.youtube.com/watch?v=3ZBXldCxZEA&feature=youtu.be>

Very Good – Goes Through All Benefits of Exercise Including Stress Relief

YouTube Channel – Dr. Eric Berg DC

Video Name - The Big Benefits of Exercise is Not Weight Loss

Time: **6:17 minutes**

<https://www.youtube.com/watch?v=IN89qvF4NIo&feature=youtu.be>

Very Good (but longer) – Why to Exercise is Good for Stress Relief

YouTube Channel – What I've Learned

Video Name - WHY Exercise is so Underrated (Brain Power & Movement Link)

Time: **15:14 minutes**

<https://www.youtube.com/watch?v=DsVzKCK066g&feature=youtu.be>

Important - Role Magnesium Plays in Helping to Control Stress

YouTube Channel – Thomas DeLauer

Video Name - How to Reduce Stress with Magnesium

Time: **6:56 minutes**

<https://youtu.be/jkK37RGlq0c>

Very Good - Discussion of Emotions & Stress and Our Health

YouTube Channel – CrashCourse

Video Name - Emotion, Stress, and Health: Crash Course Psychology #26

Time: **10:19 minutes**

<https://www.youtube.com/watch?v=4KbSRXP0wik>

Quick Simple Tips to Reduce Stress

YouTube Channel – AsapSCIENCE

Video Name - 7 Simple Tips To Reduce Your STRESS Right Now

Time: **3:03 minutes**

<https://www.youtube.com/watch?v=IDecu0ME1Zo>

Quick Summary of Impact of Stress and Methods to Deal with It

YouTube Channel – Braive

Video Name - How Stress Affects Your Body and Mind

Time: **2:32 minutes**

https://www.youtube.com/watch?v=CZTc8_FwHGM

Brain Imaging, Cortisol, Exercise and Stress

YouTube Channel – NIBIB gov

Video Name - Exercise, Stress, and the Brain

Time: **2:27 minutes**

https://www.youtube.com/watch?v=xpy_rAWSWkA

Interesting Relate Subject – Growing Science of Brain Scans

YouTube Channel – NIBIB gov

Video Name - Picturing the Brain

Time: **3:10 minutes**

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

How to Recognize the Signs Your Body is Stressed

YouTube Channel – Bestie

Video Name - 8 Important Signs That Your Body Is Very Stressed

Time: **4:54 minutes**

https://www.youtube.com/watch?v=bc4ZN1k_rAs

Looking at What in Happens in the Brain When You Exercise

YouTube Channel – Proactive Thinker

Video Name - How Exercise Affects Your Brain

Time: **5:36 minutes**

<https://www.youtube.com/watch?v=GssC6Dbr9fw&feature=youtu.be>

Fish Oil and Stress?

YouTube Channel – Thomas DeLauer

Video Name - How to Reduce Stress and Lower Cortisol Quickly

Time: **3:55 minutes**

<https://www.youtube.com/watch?v=quKXGRDphps&feature=youtu.be>