

VIDEO

Title Card:

What Happens Physically?

Dissolve to:

WS of attorney in his 40s, he's slightly overweight, his clothes are rumpled, he keeps running his fingers through his hair which looks disheveled. His desk is covered with briefs as is every available surface; the computer is running in the background. There are books lying open on top of the briefs, the ashtray is full of cigarette butts and there are several cups of coffee in various places. He's frantically searching through papers.

CUT TO:

A back drop of cells indicates we're inside the brain. We see an operator, a man of about 50, who is slim and in control.

He operates a computer with several monitors and has a speaker/headset into which he speaks his commands. He types on a keyboard and watches

VIDEO

AUDIO

Music fades up and out.

John (Voice over):

I never should have agreed to let her come early. Where is that contract? Where's my list of changes? Why did Richard have to go to Hawaii? For all I know he'll never come back. I'll go nuts if I have to keep doing all this work alone. I can't believe she's coming a half hour early. I'm not ready. Why can't I remember where I put my notes?

Brain Control Room Operator:

[The SFX build on each other.]

Blood pressure rise, up, up good—hold there. Shoulders, back, neck muscles, tight. [SFX CREAKING]

A little tighter, that's good. Stand-by.

Teeth, start grinding, [SFX GRINDING]

a little harder, good, keep it up.

Stomach, stand-by.

AUDIO

monitors while issuing commands.

CUT TO:

John leans over the desk to press the phone's intercom. He looks through a file. He takes a swig of coffee and lights a cigarette.

CUT TO:

Brain now anxious, barking orders.

Brain responds by quickly typing into the computer; he looks puzzled and worried. He's talking to another body.

CUT TO:

Dr Watts, stand-up

VIDEO

ELAINE (Voice over):

Mrs. Harty has arrived.

JOHN:

Tell her it will be just a minute.

BRAIN:

Stomach, increase acid,

[SFX: HISSING ACID] and churn

[SFX: BUBBLING WATER] Headache

build. [SFX: SIREN]

I don't know why the lymphocytes are sluggish. I'm not sure what's happening here. They're not part of the responding. Look, I'm really busy. I'll have to get back to you on this. Lungs, constrict, hey immune system, can you shut that siren off? I'm aware of your problem but I'm building a full-blown migraine here. I need to concentrate!

DR. WATTS:

Well, that's not exactly how it works. But, to understand stress, one must first understand how our fight for survival

AUDIO

has affected behavior.

He walks over to medical illustrations on an easel that show some of the internal organs.

He sits down at a desk.

CU: Dr. Watts

A long time ago we evolved what 's been dubbed the "fight or flight" response. You know, when you met the sabertooth tiger, you either fought or ran. These days, unfortunately, we cannot always run away, or fight stimuli that trigger this response. Stress can affect many parts of our bodies. In the brain, anxiety, depression, even a stroke can be triggered by stress. In some cases hair loss has been linked to high levels of stress. Stress can also aggravate skins problems such as eczema or acne. High blood pressure, heart attack and bleeding ulcers are affected by stress.

Clearly, stress can contribute to serious physical as well as emotional problems.