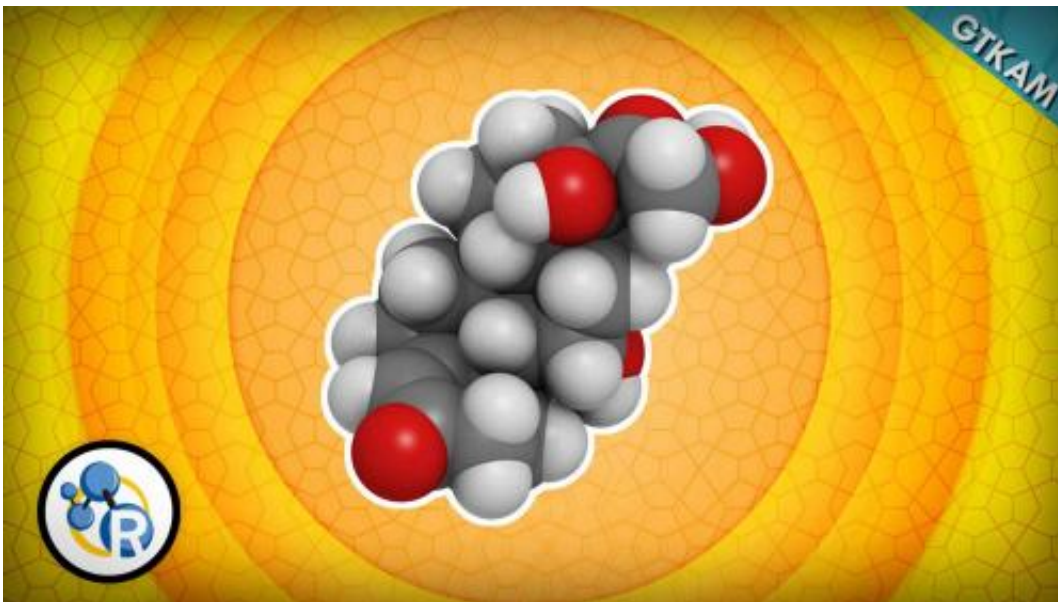


Video: The science of stress

April 2 2015



Credit: The American Chemical Society

It's supposed to help keep our bodies healthy in stressful situations.

But the constant stress of our everyday lives means we're getting overexposed to [cortisol](#). Raychelle Burks, Ph.D., explains why too much cortisol is bad for you in the latest episode of the Reactions series Get To Know A Molecule.

Check it out here:

Provided by American Chemical Society

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