Stress is a fact of life with organisms being bombarded from multiple types of stresses in every stage of their lives. Hahn will tell two stories about how stress shapes organismal life histories. Seasonality is a ubiquitous stressor and the timing of the seasons is shifting rapidly with anthropogenic change. Hahn will talk about how changes in seasonality may drive diversification within and among trophic levels. Then Hahn will talk about the roles of stress and beneficial plasticity in sexual selection in insects with application to human health and food.