

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Pd. \_\_\_\_\_

Chapter 4 Lesson 1 and 2 Notes

Standard 1; Objective 2d: Students will identify strategies that enhance mental and emotional health by demonstrating stress management techniques.

1. What is stress?	a. Stress is the reaction of the _____ and _____ to everyday challenges and demands.
2. What is a stressor?	a. _____
3. Define Perception	a. The act of becoming aware through the _____
4. How is perception related to stress?	a. The level of stress you experience depends on the way you think about a challenge or perceive an event
5. What are five stressors that teens tend to experience?	a. Life situations (School demands, peer pressure, family problems, etc) b. _____ (unsafe neighborhood, natural disasters, war,) c. _____ (illness, injury, changes in body) d. _____ (thinking-poor self-esteem, personal appearance, not fitting in) e. _____ behavior (busy schedule, relationship issues, smoking)
6. What are the three stages the body goes through in response to stress?	a. _____ b. _____ c. _____
7. What happens during the alarm stage?	a. Prepares your body to either _____ itself or _____ from threat (physical symptoms: dilated pupils, faster heart rate and pulse, increase muscle tension, increase blood pressure, etc)
8. What happens during the resistance stage?	a. allows the body to perform at a _____ level and with more _____
9. What happens during the fatigue stage?	a. You start to feel _____ and lose ability to handle other _____.
10. List five effects of prolonged stress on your health.	a. _____ b. a weakened _____ system (you become more prone to acquiring illnesses such as the common cold, flu, etc) c. _____ blood pressure d. _____: clenching the jaw or grinding the teeth e. _____ disorders
11. What is eustress?	a. _____ stress (it is short term, feels exciting, improves performance)
12. What is distress?	b. _____ stress (can be short or long term, decreases performance, feels unpleasant, causes anxiety or concern)

