

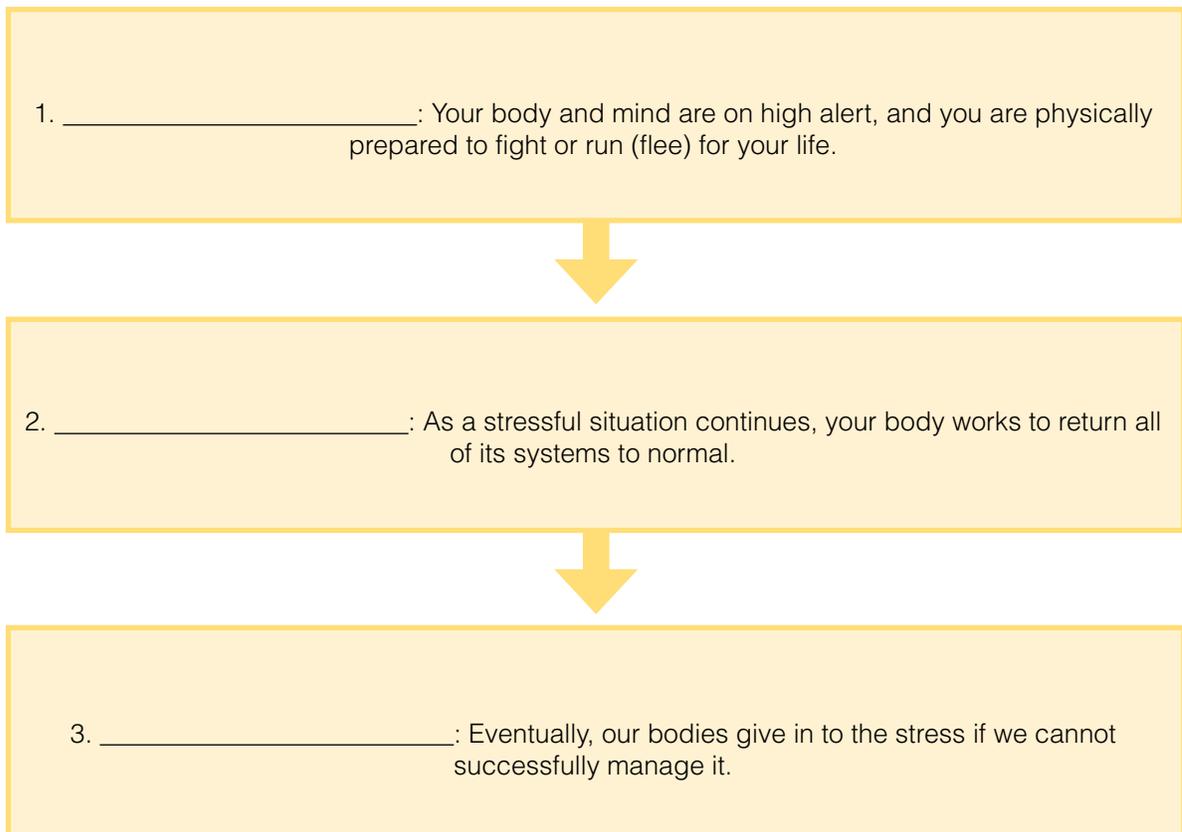
Understanding and Managing Stress Note-Taking Guide

What Is Stress?

1. _____ is the body's reaction to a demanding or difficult situation.
2. A person will experience stress when the situation they are in demands _____ from them than they are able to handle.
3. Everyone feels stress, but the things that cause us to feel stress _____ from person to person.
4. The thing that triggers you to feel stressed is called a _____.
5. A stressor can be _____ from someone jumping out in front of you in a dark alley to having to speak in public.

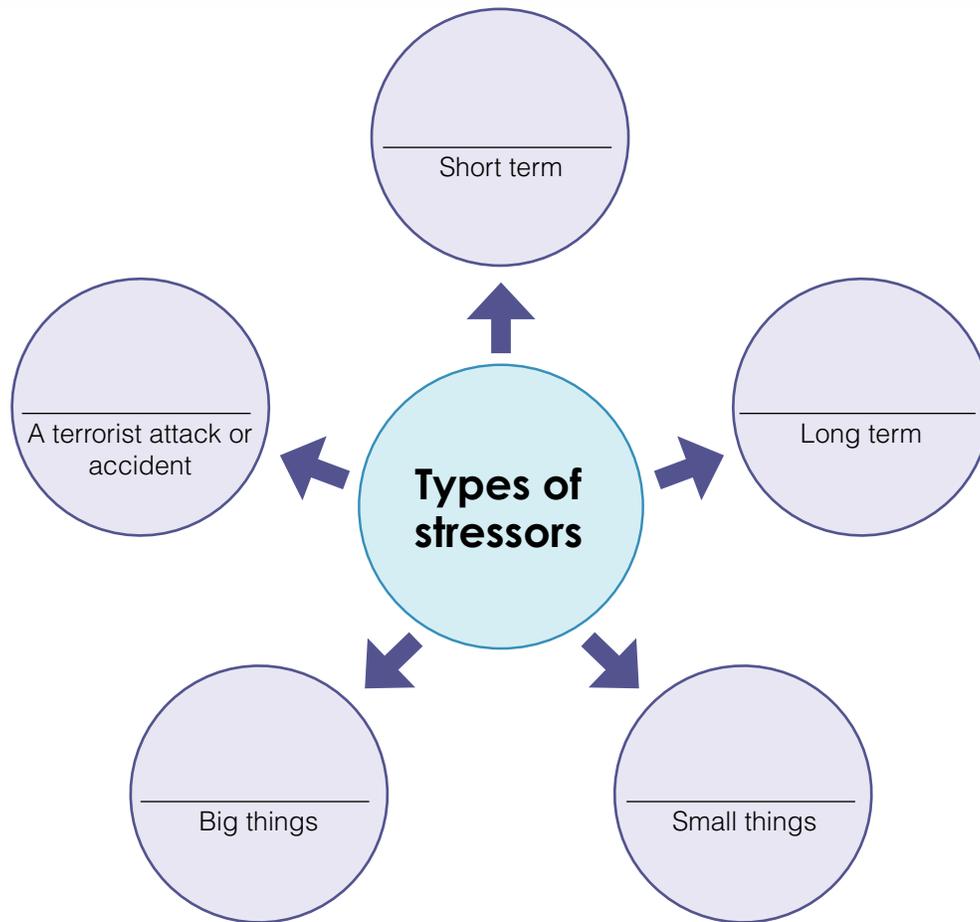
How We Respond to Stress

6. Identify the three stages we go through when we are stressed.



Types of Stressors

7. On the following blank lines, identify the type of stressor that goes with each description.



Common Causes of Stress for Teens

8. Identify five common causes of stress for teens.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Stress and the Body

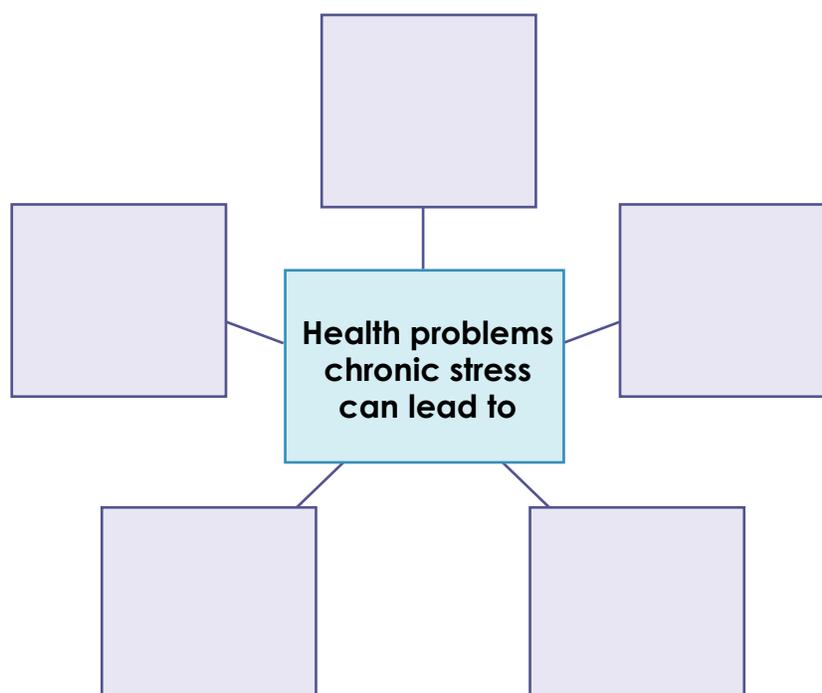
9. The human body is built to deal with _____ stressors, such as a bear on your path or someone chasing you.
10. Our bodies respond in a way that prepares us to react _____ by running or fighting.
11. In modern-day society, most of the stressors we encounter are _____ direct physical threats. Instead, they are psychological or emotional stressors.
12. This mismatch between the type of stressors we tend to experience and how our body responds is why stress can be so dangerous to health. When you have to sit there and solve the problem by working harder, all of the physiological changes you are experiencing have nowhere to go and nothing productive to do. We call this negative form of stress _____.

Stress and Performance

13. Your body is physiologically alert during stress, so the right amount of stress can _____ you perform at your best.
14. When your stress levels are not too high and not too low, your performance in athletics, acting, school, and music will _____. This level of stress is called _____. When you have optimal levels of stress, it means that you are invested in what you are doing.

Stress and Health

15. Identify five health problems chronic stress can lead to.



Managing Stress

16. Managing your stress is similar to managing your _____.
17. People who are good at managing their stress are able to _____ with stressful situations quickly and return to normal functioning without too much disruption to their daily lives.
18. People who can't manage stress well will often be emotional, _____, and aggressive because they are often overwhelmed.
19. Stress _____ techniques refer to any strategy used to control how much stress affects you. Stress management can include things such as time management and positive self-talk.
20. _____ techniques are specific stress management strategies that reduce the intensity of the flight-or-fight response. People who are good at relaxation techniques are generally more able to keep themselves from overreacting to stressors.
21. Identify five stress management techniques.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____