

After You Read

Review the information you have recorded in your Foldable about the causes and effects of stress. Write a short paragraph explaining why it is important to learn how to manage stress and anxiety.

FOLDABLES
Study Organizer

➤ **EXPLORING HEALTH TERMS** Answer the following questions on a sheet of paper.

Lesson 1 Match each definition with the correct term.

stress	perception
stressor	psychosomatic response
chronic stress	

1. The act of becoming aware through the senses.
2. An event or situation that causes stress.
3. A physical reaction that results from stress rather than from injury or illness.

Lesson 2 Fill in the blanks with the correct term.

relaxation response
stress-management skills

Redirecting your energy, keeping a positive outlook, and seeking out support are examples of (4). Using techniques such as laughing and deep breathing exercises can cause a (5).

Lesson 3 Identify each statement as True or False. If false, replace the underlined term with the correct term.

anxiety depression

6. Depression is a prolonged feeling of helplessness.
7. Some symptoms of depression are rapid heart rate and shortness of breath.

Lesson 4 Fill the blanks with the correct term.

resiliency
protective factor

A condition that shields a person from the negative consequences of exposure to risk is a (8). If you are able to recover from difficulty, disappointment, and crisis, you are said to have (9).

➤ **RECALLING THE FACTS** Use complete sentences to answer the following questions.

1. What occurs in your body during the alarm stage of the stress response?
2. Which type of fatigue is the effect of the stress of illness?
3. What is the effect of prolonged stress on the immune system?
4. How does planning help you manage stress?
5. How does physical activity help reduce the effects of stress?
6. How is nutrition related to stress?
7. How might perfectionism lead to anxiety?
8. What are three strategies for coping with mild depression?
9. What are three symptoms of depression?
10. Over which category of the factors that affect resiliency does a person have the most control?
11. What does "commitment to learning" mean?
12. List three things you can do to build your protective factors and strengthen your resiliency.

Glenco Health Unit Test Answer Key

CL Gary



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Table of Contents Glenco Health Unit Test Answer Key

1. Understanding the eBook Glenco Health Unit Test Answer Key
 - The Rise of Digital Reading Glenco Health Unit Test Answer Key
 - Advantages of eBooks Over Traditional Books
2. Identifying Glenco Health Unit Test Answer Key
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Glenco Health Unit Test Answer Key
 - User-Friendly Interface
4. Exploring eBook Recommendations from Glenco Health Unit Test Answer Key
 - Personalized Recommendations
 - Glenco Health Unit Test Answer Key User Reviews and Ratings
 - Glenco Health Unit Test Answer Key and Bestseller Lists
5. Accessing Glenco Health Unit Test Answer Key Free and Paid eBooks

- Glenco Health Unit Test Answer Key Public Domain eBooks
- Glenco Health Unit Test Answer Key eBook Subscription Services
- Glenco Health Unit Test Answer Key Budget-Friendly Options
- 6. Navigating Glenco Health Unit Test Answer Key eBook Formats
 - ePub, PDF, MOBI, and More
 - Glenco Health Unit Test Answer Key Compatibility with Devices
 - Glenco Health Unit Test Answer Key Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Glenco Health Unit Test Answer Key
 - Highlighting and Note-Taking Glenco Health Unit Test Answer Key
 - Interactive Elements Glenco Health Unit Test Answer Key
- 8. Staying Engaged with Glenco Health Unit Test Answer Key
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Glenco Health Unit Test Answer Key
- 9. Balancing eBooks and Physical Books Glenco Health Unit Test Answer Key
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Glenco Health Unit Test Answer Key
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Glenco Health Unit Test Answer Key
 - Setting Reading Goals Glenco Health Unit Test Answer Key
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Glenco Health Unit Test Answer Key
 - Fact-Checking eBook Content of Glenco Health Unit Test Answer Key
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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