# 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.



# EXPLORING HEALTH TERMS Answer the

following questions on a sheet of paper.

Lesson 1

Match each definition with the correct term.

stress stressor chronic stress perception psychosomatic response

- 1. The act of becoming aware through the senses.
- 2. An event or situation that causes stress.
- 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\_).

ldentify 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.
- Some symptoms of <u>depression</u> 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?
- List three things you can do to build your protective factors and strengthen your resiliency.

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