

**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 Chapter Assessment Answers

**Cynthia Newby**



## **Glenco Health Chapter Assessment Answers:**

*Glencoe Health* Mary Bronson Merki, Don Merki, 2001      **Glencoe Teen Health** Mary H. Bronson, Michael J. Cleary, Betty M. Hubbard, Dinah Zike, 2005      Teen Health Course 3 Wright Group-McGraw Hill, 2002-04      *Glencoe Health Module, Education In Sexuality Student Edition* McGraw-Hill, 1995-08-31      **Glencoe Science**, 2002      **Law & Ethics for Medical Careers** Karen Judson, Sharon Hicks, 2002 4 STAR DOODY S REVIEW Anyone with a stake in healthcare be it those delivering it or receiving it would enjoy reading this book It is informative and easy to read The three authors bring years of experience and teaching in writing this textbook and are experts in their fields Doody s Review Service      *Glencoe From Patient to Payment* Cynthia Newby, 2001-10-17 This concise practical text workbook provides extensive real world practice with the universal medical insurance claim form the HCFA 1500 Includes flow charts claims processing forms and medical reports Coding and billing content is based on industry practice and addresses electronic claims and a variety of compliance issues The text provides a brief introduction to MediSoft Advanced Patient Billing Software      **Glencoe Medical Keyboarding, Instructors Manual** Scot Ober, Jack E. Johnson, Robert Poland, 2000      **Glencoe Medical Insurance** Nenna L. Bayes, Cindy Keller, Joanne Valerius, 2002 *Glencoe Medical Insurance* provides focused coverage of the knowledge and skills necessary for successful medical insurance processing including in depth coverage of medical insurance the claims process HCFA 1500 and UB 92 It covers all types of medical insurance including Blue Cross Blue Shield HMOs PPOs Medicare Medicaid and other plans Managed care is integrated throughout the text including discussion of contract law as it relates to managed care There is an emphasis on practice management and patient finance Optional exploratory computer activities use MediSoft for Windows Advanced The focus in the text is on electronic claims filing but paper claims are covered as well Unique to this text is an entire chapter emphasizing how crucial correct coding is to reimbursement and compliance with federal regulations      Hospital Billing Cynthia Newby, 2004 This practical text workbook uses Medisoft s Just Claims software to teach students the basics of filing computerized hospital claims including the UB 92 Content focuses on hospital billing flow elements required to complete the UB 92 form variations of form completion requirements compliance and using the computer to complete the form Each chapter features tutorial information hands on computer practice problems objective end of chapter activities and computer problems Software is available to instructors who adopt the book

**Glencoe Clinical Procedures for Medical Assisting: A Patient-Centered Approach** Barbara Ramutkowski, Abdulai Barrie, Laurie Dazarow, Cindy Abel, 1998-01-09 *Glencoe Clinical Procedures for Medical Assisting A Patient Centered Approach* provides all the detailed information needed for programs requiring a separate text for clinical competencies This concise text is composed of Part III of *Glencoe Medical Assisting A Patient Centered Approach to Administrative and Clinical Competencies* It offers the same well written content clear formats in text definitions and other features found in *Glencoe s* full length medical assisting text yet it s in a format that is perfect for a clinical competencies course      **Instructor's**

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