STRESS Power Point Notes

1. \_\_\_\_\_\_\_\_\_\_\_\_\_% of all teenagers say they experience mild or severe stress in their life.
2. Stress is your body’s response or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to a real or imagined threat, event, or change.
3. The threat, event, or change can be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or external.
4. Distress is negative stress that occurs when your level of stress is either too high or too low and your body and/or mind begins to respond \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the stressors.
5. The three stages of the stress response are alarm, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, recovery or exhaustion.
6. As you begin to experience a stressful event or perceive something to be stressful, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_changes occur in your body.
7. The heart rate\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, increased respiration, decreased temperature, and increased stimulation of adrenal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_which produce an adrenal rush.
8. Organism attempt to resist to stressor, defend itself and make balance again. This is phase with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_resistance and maximum activity, and the body spends its stored energy (sugars and fats).
9. Cognitive Indicators include: poor problem solving, confusion, nightmares, hyper-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
10. Emotional indicators include: tearfulness, fear, anxiety, panic, guilt,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, depression, and overwhelmed.
11. During the exhaustion stage the stressor is not being managed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the body and mind are not able to repair the damage.
12. List 3 relaxation techniques:

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. List 3 strategies to manage stress in your life: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. What is stressed spelled backwards? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_