

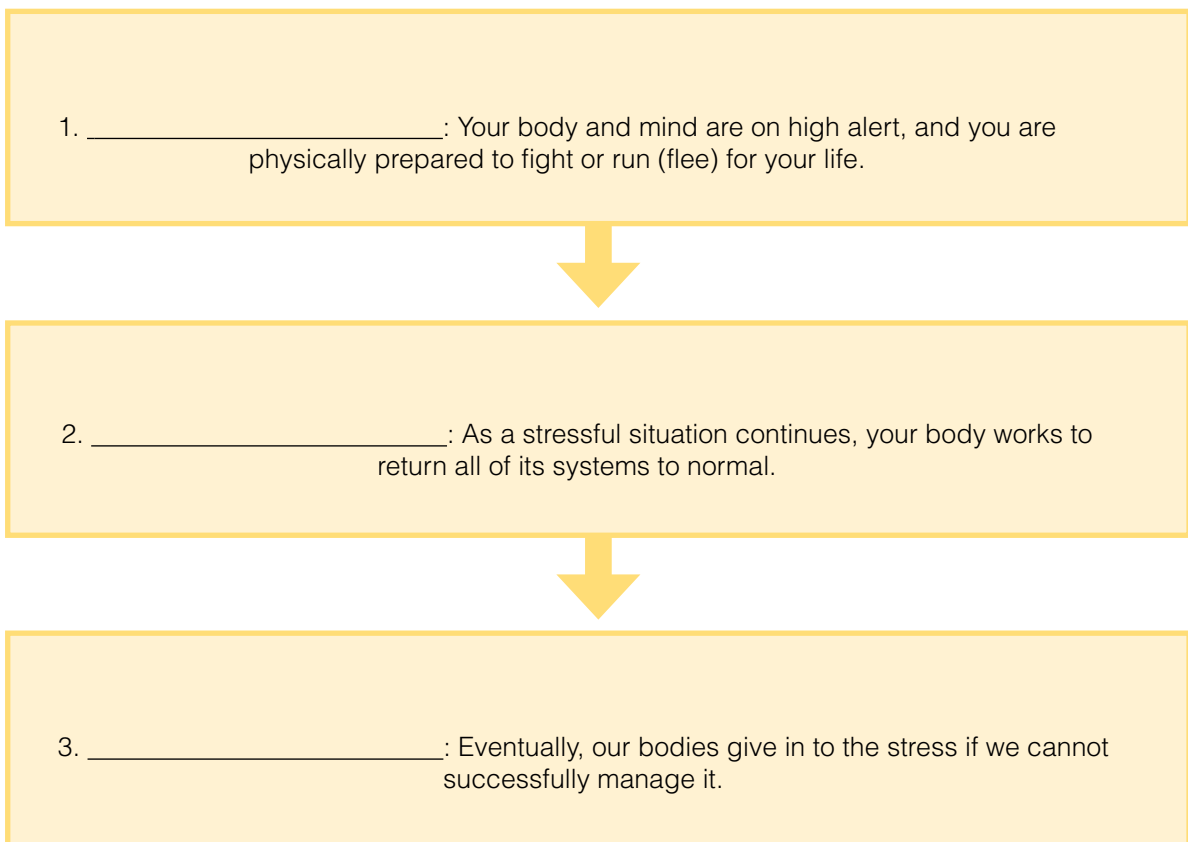
LESSON 7.4 Recognizing and Managing Stress Note-Taking Guide

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.

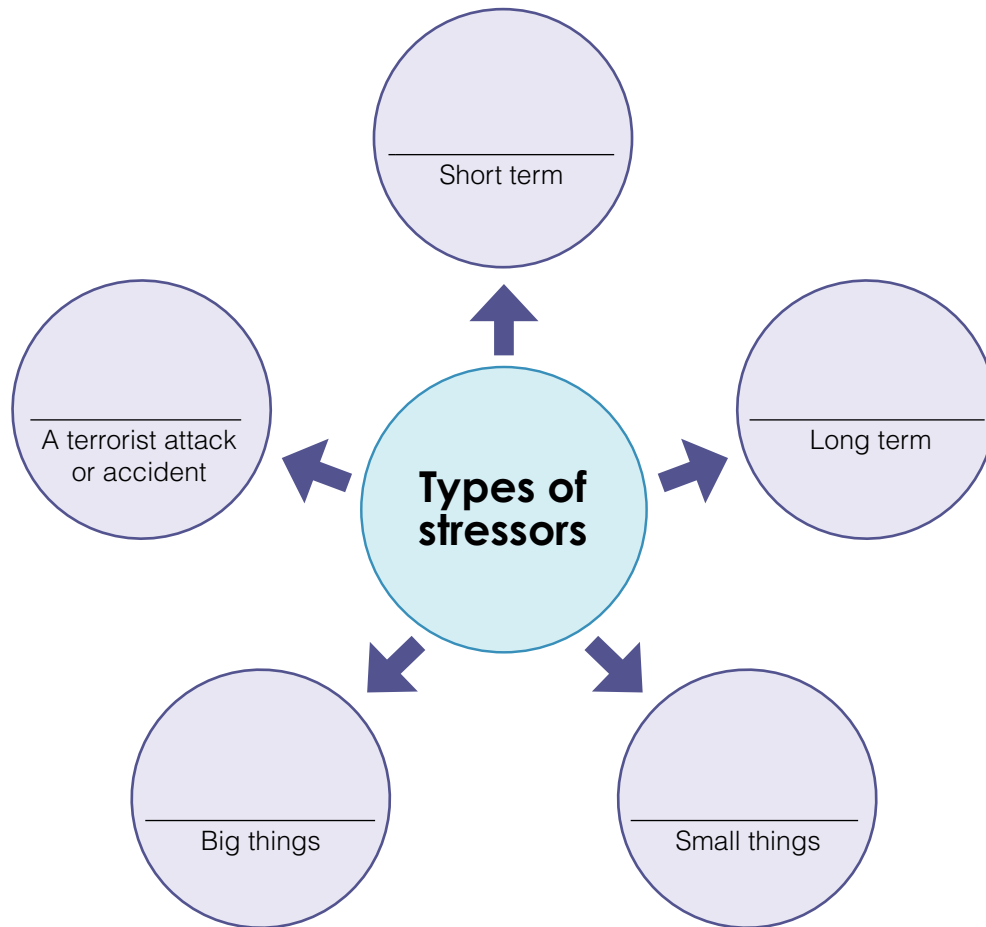
How We Respond to Stress

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

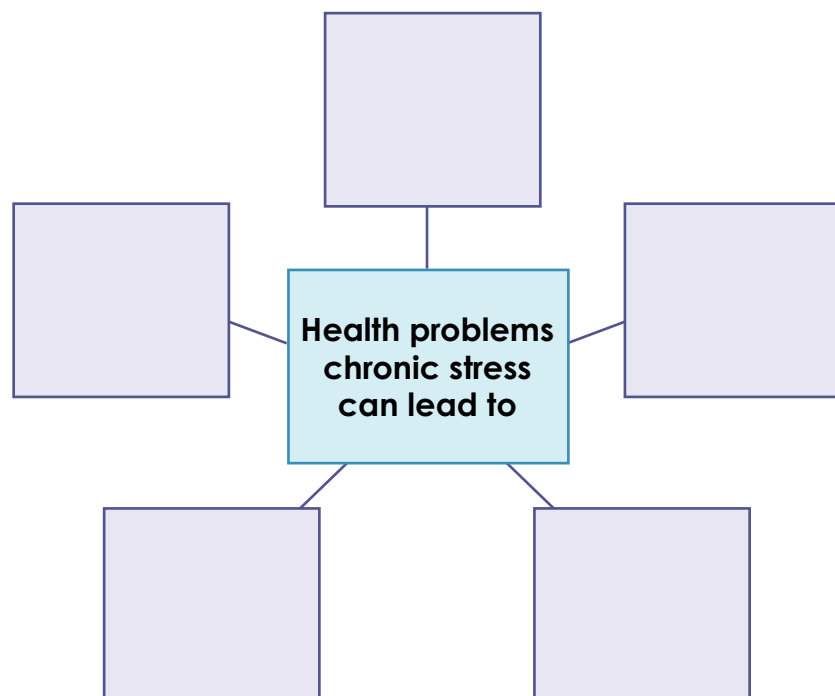
- 9. The human body is built to deal with \_\_\_\_\_ stressors, such as a bear on your path or someone chasing you.
- 10. Our bodies respond in a way that prepares us to react \_\_\_\_\_ by running or fighting.
- 11. In modern-day society, most of the stressors we encounter are \_\_\_\_\_ direct physical 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 \_\_\_\_\_ stress. 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. \_\_\_\_\_