# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word that best completes each sentence.

**1.** Blank is the body’s reaction to a demanding or difficult situation.

**2.** Something that causes you to feel stress is called a(n) Blank .

**3.** When you experience stress, your heart and breathing rates increase as part of the  
 Blank response.

**4.** Blank is negative stress that can cause health problems.

**5.** Athletes and other performers can benefit from a(n) Blank level of stress because it helps them be alert and in tune with their surroundings.

**6.** Time management and exercise are examples of stress Blank techniques.

**7.** Meditation and yoga are examples of Blank techniques.