Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_

Senior High Health

Stress Notes

Define Stress:

Two types of stress:

1.

2.

Define Stressor:

Three stages of General Adaptation Syndrome:

1.

2.

3.

Physical symptoms of alarm stage:

1.

2.

3.

4.

In the resistance stage, the body attempts to regain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

In the exhaustion stage, the body is more likely to become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Four categories of stress symptoms:

1. Physical

2.

3.

4.

If stress is kept inside, it can lead to:

1.

2.

If stress is turned outward, it can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If stress is self-medicated, it can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Stress Management Notes

Managing stress begins with the learning the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of stress.

Ways to manage stress:

1. Eating healthy and exercising

2.

3. Breathing exercises

4. Biofeedback

5.

6. Stretching

7.

8. Discover new hobbies

9.

10. Progressive muscle relaxation

11.

The four A’s of dealing with stress;

A\_\_\_\_\_\_\_\_\_\_\_

A\_\_\_\_\_\_\_\_\_\_\_

A\_\_\_\_\_\_\_\_\_\_\_

A\_\_\_\_\_\_\_\_\_\_\_