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

Personal Health

Stress: Portrait of a Killer

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| --- | --- | --- |
| How stress affects health | Similarities between stress in the wild and stress in today’s society | How stress can be managed |
|  |  |  |