

17-A

PHYSICAL CHANGES CAUSED BY STRESS

- **Eyes take in more light.**
- **Heart rate increases, heart pumps more blood, and blood pressure rises.**
- **Digestive system slows down, stomach acid increases.**
- **Urine production decreases.**
- **More sugar is released into bloodstream.**
- **Blood vessels carry more blood to brain and muscles and less to skin and digestive system.**
- **Sweating increases.**
- **Muscles tense.**
- **Body cells increase their release of energy.**
- **Blood's clotting ability increases.**



EFFECTIVE WAYS TO MANAGE STRESS



- **Rest in a quiet place.**
- **Reduce breathing rate.**
- **Reduce mental activity.**
- **Reduce muscle tension.**
- **Use exercise as a diversion.**
- **Identify the causes of the stress.**
- **Tackle one thing at a time.**
- **Take action.**
- **Manage time effectively.**
- **Accept what cannot be changed.**
- **Think positively.**
- **Do not mask your problems.**
- **Try not to let little things bother you.**
- **Be willing to make adjustments.**
- **Keep your body in good health and physically fit.**



Application**17****MY STRESS DIARY**

Use this sheet to keep track of your everyday stress over a 3-day period. Write down the event that caused the stress (the stressor), the emotion that accompanied the stressor, and the physical symptoms that you experienced. At the end of the 3 days answer the questions below.

Stressor	Emotion(s)	Physical symptom(s)
<i>Example: Biology test</i> <i>Example: Fight with mom</i>	<i>Nervousness</i> <i>Anger, frustration</i>	<i>Stomachache</i> <i>Hyper energy, headache</i>
Day 1		
Day 2		
Day 3		

1. What patterns do you notice about your stressors during the 3 days? _____
2. What things surprised you about the emotions and physical symptoms you experienced as a result of your stressors? _____
3. Select one stressor from each day and identify one way you could avoid that stressor in the future, or one way you could handle your emotional reaction to the stressor better.

Day 1: _____

Day 2: _____

Day 3: _____



17

Reinforcement

STRESS-RELATED WORD SCRAMBLE

Complete the sentences below by unscrambling the underlined words. Write the letters of the word in the blanks below each sentence. Use the numbered letters to decode the message at the bottom of the page.

1. Anger and fear are powerful TAIMONEOL OSRSETSRS.

_____ 1 2 _____ 3 _____

2. The body's reaction to a demanding situation is ERTSSS.

_____ 4 _____

3. Having an argument with a friend is an example of a LAI SOC RESORTSS.

_____ 5 6 _____ 7 _____

4. Air and noise pollution are both CYSPHILA RSTESSROS.

_____ 8 9 _____ 10 _____ 11 _____

5. Your body's preparation for bursts of energy in response to danger is a SRETSS NOPSERES.

_____ 12 _____ 13 _____

6. Anything that contributes to stress is a ROSERSTS.

_____ 14 15 _____ 16 _____

7. Stress affects you more if you are GUIFADET than if you are well rested.

_____ 17 18 _____

8. REDISSTS is caused by unpleasant situations.

_____ 19 _____ 20 _____

9. Stress that accompanies successful or joyful situations is SUESRETS.

_____ 21 _____ 22 _____ 23 _____

23 12 3 20 7 19 10 18 13 1 17 17 4 5 14
9 16 21 11 8 15 6 2 22 8



17

Chapter Test

MANAGING STRESS

Choose the letter of the *best* answer for questions 1-14.

Use what you learned throughout the chapter to answer the final question.

1. Stress is
 - a. the mind's reaction to a normal situation.
 - b. a set of physical changes that occur over a lifetime.
 - c. an automatic reaction to a demanding situation.
 - d. a relationship with another person.
2. Which situation would cause eustress?
 - a. failing a test
 - b. meeting someone you really like
 - c. having an argument with a parent
 - d. breaking a bone in your arm
3. Stress caused by an unpleasant situation is

a. eustress.	c. social stress.
b. emotional stress.	d. distress.
4. Worry, anger, grief, and depression are

a. physical stressors.	c. eustress.
b. social stressors.	d. emotional stressors.
5. Which of the following does NOT contribute to competitive stress?
 - a. completing practice and preparation
 - b. performing in front of a crowd
 - c. being evaluated by others
 - d. feeling the outcome is important
6. Hunger and thirst are example of

a. emotional stressors.	c. physical stressors.
b. competitive stress.	d. social stressors.
7. Distress in daily life is

a. desirable.	c. rare.
b. unavoidable.	d. avoidable.
8. Which is an immediate reaction to stress?
 - a. decreased adrenaline in the blood
 - b. dilated pupils
 - c. weakening of the immune system
 - d. ulcers
9. Reactions to a stressor
 - a. vary from person to person.
 - b. make you very alert.
 - c. are always physical.
 - d. are rarely mental.
10. Which is one effective way to immediately reduce stress?
 - a. Hope the problem goes away.
 - b. Go over the problem in your mind.
 - c. Take several long, slow breaths.
 - d. Ignore the cause of the stress.
11. When should you avoid a stressful situation?
 - a. when the situation is not important
 - b. when you are young
 - c. at all times
 - d. when it involves other people
12. A person who would be LEAST likely to have stress-related illness would be someone who
 - a. gets angry at small incidents.
 - b. postpones stressful decisions.
 - c. often thinks about past mistakes.
 - d. tries to solve problems one at a time.
13. Which of the following is a good way for a student to manage stress caused by an upcoming important semester exam?
 - a. Accept that he or she will probably not do well.
 - b. Form a study group and write practice tests.
 - c. Try not to think about it at all.
 - d. Blame the teacher for making the class difficult.
14. Which of the following statements about stress is TRUE?
 - a. You should always avoid competitive stress.
 - b. Stress can be managed with vitamin supplements.
 - c. A situation that causes eustress for one person can be distressful for another.
 - d. Stress and fitness have little to do with each other.
15. How can you manage stress in your daily life activities?
