

Stress Management Power point Worksheet

Name _____

Teacher _____

As you view the power point presentation on-line, answer the following questions.
Please turn it in to your respective teachers.

Part one

1. How does your body respond to demanding situations?
2. What is part of every day life?
3. Stress can be positive or negative (True or False)
4. What is the name given to a specific event that produces a reaction from you?
5. What is emotional or social stress?
6. How do thoughts relate to stress?
7. List the types of stress and define them.
8. What are the effects of the different types of stress listed in question 7?
9. Name three types of stressors and give an example of each
10. List at least five events that could produce stress.
11. According to Hans Selye there are three stages of stress, list and define each of them.

12. Give the characteristics and an example of physical stressors.
13. Give the characteristics and an example of social stressors.
14. Give the characteristics and an example of emotional stressors.
15. Give the characteristics and an example of competitive stressors.
16. Describe a self-assessment active you might do to measure you level of stress.
17. What are the signs of stress?

Part Two

18. What are the benefits of rest in managing stress?
19. Explain how relaxed breathing can be a stress management tool?

20. What is meant by taking a break from mental tasks?
21. What can muscle tension cause?
22. How is exercise useful in our stressful lives?
23. Why is it important to identify the causes of stress?
24. What is the danger of taking on too many projects?
25. Why is time management important in controlling stress in your life?
26. What does acceptance mean as it relates to stress management?
27. What is positive thinking?
28. What is meant by the phrase "Don't sweat the small stuff"?
29. Explain how being flexible will help relieve stress in your life.
30. Who can help you manage your stress?
31. What are the four time management guidelines you should use in your life?