

Independent Study Questions

Chapter 3, Lesson 4

Pages 80-84

NAME _____

HOUR _____

1. Define the term stress.
2. What is distress?
3. Explain how stress can be positive.
4. Define stressors.
5. What is the “fight or flight” response?
6. What is physical fatigue?
7. What is psychological fatigue?
8. What are six physical responses in our bodies to the “fight or flight”?
9. What are four things that can bring on psychological fatigue?
10. What causes physical fatigue?
11. List and briefly describe five ways to effectively manage stress.
12. Complete the Personal Inventory on page 81. List any of the events listed that Apply to you and the stress points and total your “stress score”.

Event	Stress Points
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Total of all stress points _____