

Stress Unit Test Study Guide

Health 6-Mrs. Maus

Name: _____

Hour _____



1. When in life does someone have **NO** stress?
2. Define stressors.
3. What is one of the **EASIEST** ways to cope with stress on a daily basis?
4. What are three causes of stress overload?
5. Explain how stress can be positive.
6. What are five effective ways to manage stress?
7. On-going or long term stressful situations can lead to what two things?
8. What is the other name for the stress response?
9. What are two examples of stressful situations in life that are extreme & may require special attention & care from a trusted adult, counselor or psychologist?
(Something that we can't handle on our own!)
10. What are six physical changes that happen in response to stress? (Sometimes called flight or flight?)
11. What are five healthy, ways a person can de-stress?
12. What are two serious health issues (diseases, illnesses &/or disorders) that are linked to stress?
13. Give two specific examples of a stressor for the following categories:
School: _____ Friends: _____
Environment: _____ Family: _____
14. Define stress.
15. How does exercising relieve stress?