

# Teen Health Stress Article Questions

Health 6-Mrs. Maus

Name: \_\_\_\_\_

1. What are the events that provoke stress called? \_\_\_\_\_
2. When the body responds to stressors what system is activated? \_\_\_\_\_
3. What two hormones are released by the adrenal glands during stress? \_\_\_\_\_ & \_\_\_\_\_
4. How does the liver respond to the release of these hormones? \_\_\_\_\_  
\_\_\_\_\_
5. How can the stress response cause problems? 1. \_\_\_\_\_ 2. \_\_\_\_\_  
\_\_\_\_\_
6. What are two ongoing or long-term events that can produce a lasting, low-level stress level?  
1. \_\_\_\_\_ 2. \_\_\_\_\_
7. What happens when the nervous system senses continued pressure and remains slightly activated over an extended period of time? \_\_\_\_\_  
\_\_\_\_\_
8. What can happen to someone who stresses out too much over a test? \_\_\_\_\_  
\_\_\_\_\_
9. What are five specific things that can cause stress overload? \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
10. What is a very strong stress reaction that can develop in people who have lived through an extremely traumatic event? (such as a serious car accident, earthquake or an assault) \_\_\_\_\_  
\_\_\_\_\_
11. If a person frequently feels tense, upset, worried or stressed it may be a sign of what?  
\_\_\_\_\_
12. What are five signs of stress overload? 1. \_\_\_\_\_, 2. \_\_\_\_\_,  
3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_
13. What is the most helpful method of dealing with stress? \_\_\_\_\_
14. What are five suggestions for keeping stress under control? 1. \_\_\_\_\_  
2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_
15. What are the seven qualities that make people naturally resilient when faced with high levels of stress?  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_