1. Stress is a general concept describing the:

2. A stressor is a specific problem or issue that can be:

3. Strain is the prolonged impact of stress on the:

4. Give an example of each of the following types of stress:

a. environmental stressor –

b. biological stressor –

c. thinking stressor –

d. behavioral stressor –

e. life change stressor-

5. During the body’s *fight-or-flight* response to stress, your body provides you with energy,:

6. What makes a stress positive or negative?

Positive Stress = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Negative Stress = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. List and describe the 3 stages of stress:

a.

b.

c.

8. Two ways to handle stress are:

 a. Stress Reduction, which means:

 b. Stress management, which means:

9. Describe how long term stress can make us sick.

10. What is sleep deprivation?

11. What are some problems that occur from sleep deprivation?

 a.

 b.

 c.

12. How much sleep do teens need each night?

13. What is circadian rhythm?

14. What are the two stages of sleep called? What stage do dreams occur in?

15. What is resiliency?

16. List the 8 assets used for building resilency.

 a.

 b.

 c.

 d.

 e.

 f.

 g.

 h.

17. What 3 things can you do to change your attitude?

a.

b.

c.

18. Time or lack of it is a major stressor for most people. List 5 things you can do to help manage your time better:

a.

b.

c.

d.

e.