

Activity 9

Coping with Stress

Match each item in the right column by matching it with the correct description in the left column. Write the letter of the correct answer in the space provided. Then answer the questions.

- | | | |
|-------|---|---------------------------|
| _____ | 1. feelings of uncertainty or worry over what may happen | a. managing stress |
| _____ | 2. an important part of staying healthy | b. adrenaline |
| _____ | 3. also known as fight-or-flight response | c. anxiety |
| _____ | 4. a hormone that prepares the body to respond to stress | d. negative stress |
| _____ | 5. holds you back and gets in your way | e. stress response |

6. What is stress?

7. What are three strategies for managing stress?
