Stress Management

Mental and Emotional Health

Reacting to Stress

Types of Stress:

1. **Eustress**: \_\_\_\_\_\_\_\_\_\_\_\_\_ stress; can be motivating; not physiologically harmful.
2. **Neustress**: \_\_\_\_\_\_\_\_\_\_\_\_\_; not considered good or bad
3. **Distress**: very \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; physiologically taxing
   1. \_\_\_\_\_\_\_\_\_\_ distress- \_\_\_\_\_\_\_\_\_\_ and intense
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_ distress- lingering for a \_\_\_\_\_\_\_\_\_\_ period of time

Categories of Stressors

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: illnesses, disabilities, injuries
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: poverty, media, pollution, natural disasters, war
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: how you perceive a situation, personal appearance
4. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_: tobacco, alcohol, other drugs, lack of physical activity, relationship issues
5. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_: death, school demands, family issues, bullying, peer pressure

Stages of the Body’s Stress Response

1. Alarm- The stressor presents itself. The body enters \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Resistance- The body fights to regain \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (The normal balanced state of the body).
3. Fatigue- The body is too worn down to fight off the stress and is more \_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_.

Stress Affecting Your Health

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ effects:
   1. Headache
   2. Fatigue
   3. High blood pressure
   4. Weakened immune system
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ effects:
   1. Difficulty concentrating
   2. Anger, Sadness
   3. “Burned Out”

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ effects:

a. conflicts in relationships

b. withdraw from friends and family members

Strategies for coping with stress

1. Engage in \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_
2. Talking it out. Look for \_\_\_\_\_\_\_ among your friends and family
3. Relaxation. Find a \_\_\_\_\_\_\_\_ or activity that relaxes you
4. Keep a \_\_\_\_\_\_\_\_\_\_\_\_\_ outlook

Stress Management \_\_\_\_\_\_\_\_\_\_\_\_\_

1. Time Management
2. Relax & \_\_\_\_\_\_\_
3. Keep a \_\_\_\_\_\_\_\_\_\_ outlook
4. Seek out support

5. \_\_\_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_