

3.1 What is Stress?

- 1) Stress is the response of your _____ and _____ to being challenged or threatened.
 - a. At moderate levels, stress can actually _____ your ability to concentrate and perform at your best.
 - b. Beyond that level, however, it begins to take a negative toll on performance.
- 2) An event or situation that causes stress is called a _____.

- 3) Name the four types of stressors and two examples for each.

Stressor	Examples
1) Major Life Changes	1)
2) Catastrophes	2)
3) Everyday Problems	3)
4) Environmental Problems	4)

3.2 How Stress Affects Your Body

- 4) Stages of Stress
 - a. What are four body responses that happen during this stage?

Fight-Jump and see what is going on
Flight-Hide under the covers

- b. Resistance stage
During this stage, your body _____ to the continued presence of the stressor.
- c. Exhaustion stage
Your body can no longer keep up with the _____ placed on it.

- 2) Recognizing signs of stress
Write down two examples for each-Refer to page 62 in the book
 - a. Behavioral changes

- b. Physical changes
 - c. Changes in Thinking
 - d. Emotional Changes
- 3) What are some illnesses that stress can cause?
- a. Stomachaches
 - b. Asthma
 - c.
 - c. Lowered Resistance to Disease
 - e.

3.3 Stress and Individuals

- 1) The two questions you should answer when assessing a stressful situation.
 - a. Is this situation a _____ to my well-being.
 - b. Do I have the necessary _____ to meet the challenge.
- 2) Your _____ influences your assessment of a situation.
- 3) _____ is the tendency to focus on the positive aspects of a situation.
- 4) _____ is the tendency to focus on the negative and expect the worst.
- 5) A _____ is a person who accepts nothing less than excellence.

Three ways to break the cycle of being a perfectionist

- 1) _____ that you cannot be perfect.
- 2) Take _____ in the things you do well.
- 3) Don't focus on your _____.

- 6) The key factor in resilience is having the support of _____ and _____.
- 7) The ability to recover from extreme or prolonged stress is called _____.
- 8) Characteristics of a person with resilience
 - a. They know their _____ and have confidence in their abilities.
 - b. They make _____ plans and take the steps to carry out those plans.
 - c. They have good _____ and problem-solving skills.
 - d. They are able to recognize and _____ their feelings.
 - e. They recognize that change is a normal part of life and are able to put life changes in perspective.

3.4 Coping with Stress

- 1) It is important to distinguish between _____ that you can control and those that you cannot.
- 2) List five time wasters
 - a.
 - b.
 - c.
 - d.
 - e.
- 3) In a _____ _____, you practice an event without actually doing the event.
- 4) Reduce Tension-Even when a stressor isn't under your control, there are things you can do to reduce the stress.

Three ways to reduce tension

 - 1) Physical Activity-By doing something physically active, you provide your body with a healthy outlet for built-up energy

- 2) _____-the goal of relaxation techniques is to give your mind and body a rest
- 3) _____-People learn to control one or more body functions by monitoring their body responses.
- 5) Two ways to change your way of thinking
 - a.
 - b.
- 6) What are the nine ways to build resilience?
 - a. Take care of yourself
 - b.
 - c. Take Action
 - d.
 - e. Confide in yourself
 - f.
 - g. Put things in Perspective
 - h.
 - i. Stick to your routines
- 7) Reach out for support
 - a. Sometimes all you need is someone to talk to. Sharing your _____ can help you see them more clearly.
 - b. Just describing your _____ to someone else often helps you to understand the problem better.