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.
<table>
<thead>
<tr>
<th>Stressor</th>
<th>Examples</th>
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<tbody>
<tr>
<td>1) Major Life Changes</td>
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<td>2) Catastrophes</td>
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<td>3) Everyday Problems</td>
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<td>4) Environmental Problems</td>
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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. Lowered Resistance to Disease

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 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.