

**After You Read**

Review the information you have recorded in your Foldable about the causes and effects of stress. Write a short paragraph explaining why it is important to learn how to manage stress and anxiety.

**FOLDABLES**  
Study Organizer

► **EXPLORING HEALTH TERMS** Answer the following questions on a sheet of paper.

**Lesson 1** Match each definition with the correct term.

stress	perception
stressor	psychosomatic response
chronic stress	

- The act of becoming aware through the senses.
- An event or situation that causes stress.
- A physical reaction that results from stress rather than from injury or illness.

**Lesson 2** Fill in the blanks with the correct term.

relaxation response  
stress-management skills

Redirecting your energy, keeping a positive outlook, and seeking out support are examples of (4). Using techniques such as laughing and deep breathing exercises can cause a (5).

**Lesson 3** Identify each statement as True or False. If false, replace the underlined term with the correct term.

anxiety                      depression

- Depression is a prolonged feeling of helplessness.
- Some symptoms of depression are rapid heart rate and shortness of breath.

**Lesson 4** Fill the blanks with the correct term.

resiliency  
protective factor

A condition that shields a person from the negative consequences of exposure to risk is a (8). If you are able to recover from difficulty, disappointment, and crisis, you are said to have (9).

► **RECALLING THE FACTS** Use complete sentences to answer the following questions.

- What occurs in your body during the alarm stage of the stress response?
- Which type of fatigue is the effect of the stress of illness?
- What is the effect of prolonged stress on the immune system?
- How does planning help you manage stress?
- How does physical activity help reduce the effects of stress?
- How is nutrition related to stress?
- How might perfectionism lead to anxiety?
- What are three strategies for coping with mild depression?
- What are three symptoms of depression?
- Over which category of the factors that affect resiliency does a person have the most control?
- What does "commitment to learning" mean?
- List three things you can do to build your protective factors and strengthen your resiliency.

# Chapter 5 Textbook Answers File

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