



Quiz Answer Key

Fill in the blank:

1. Stress is the body's way of *rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness*.
2. When a person experiences too many pressures over a long period of time, it can cause *stress overload*.
3. Events that cause stress are called *stressors*.

Cross out the one item that doesn't belong in each list:

4. Stressors for teens include: having too many things to do in one day, getting ready for tests or school projects, trying out for a sports team, ~~watching a funny movie~~
5. Signs of stress overload include: anxiety, stomach aches, problems sleeping, ~~excessive laughing~~, moodiness
6. Good stress situations include: getting ready for the prom, sitting down to take a final exam, ~~dealing with family problems~~, coming up to bat in baseball

Make a plan:

7. Using techniques I learned from the TeensHealth.org articles and from my classmates, here are two strategies I'll use to minimize stress the next time I'm feeling stressed-out:
(Any two of these: *deep breathing, muscle relaxation, visualization, mindfulness, relaxing activities cited by students in class, limit overscheduling, get a good night's sleep, treat my body well, lower expectations, increase physical activity*)

Underline true or false:

8. True or false: The human body responds to stressors by activating the nervous system and specific hormones.
9. True or false: The hormones **adrenaline** and **cortisol** speed up heart rate, breathing rate, blood pressure, and metabolism.
10. True or false: The stress response is also called the **punch or run response**.