



Name: _____

Date: _____

Quiz

Fill in the blank:

1. Stress is the body's way of _____

_____.
2. When a person experiences too many pressures over a long period of time, it can cause _____.
3. Events that cause stress are called _____.

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:

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**.