



Name: _____

Date: _____

Taking Note of Stress



Part 1: As you read the TeensHealth.org article titled “Stress,” take notes on some of the main points:

1. Stress is a feeling that’s _____.
2. Events that provoke stress are called _____.
3. The body responds to stressors by activating the _____ and _____.
4. The body’s natural reaction to stress is known as the _____.
5. Short-term stress can help you _____.
6. Long-term stressful situations can produce _____.
7. Pressures that are too intense or last too long, or troubles that are dealt with alone, can cause people to feel _____.



8. Signs of stress overload include: _____, _____, _____.
9. Stress management skills work best when they’re used _____.
10. Techniques that help keep stress under control include: _____,
_____, _____.
11. Behaviors and attitudes that can help people stay cool under stress include: _____,
_____, _____.

Part 2: Listen to your classmates share additional stress-beating strategies and write down three more techniques that might help you manage and minimize stress:

1. _____
2. _____
3. _____

