### 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. ________________________________