

# Holt Ch 4 Managing Stress Study Guide

## Section 1:

1. Describe five different causes of stress.
2. Describe the body's physical response to stress.
3. What are the differences between positive and negative stress?
4. Describe how stress can make you sick.
5. What is epinephrine and what does it do?
6. List the various changes that occur in the "Fight-or-Flight" response.

## Section 2:

7. Describe how you can take care of yourself to avoid stress-related illnesses.
8. Describe two relaxation techniques.
9. List eight skills or resources for building resiliency.
10. Evaluate the effect of a positive attitude on stress reduction.
11. List three ways you can manage your time more efficiently.
12. List five things to include in making a schedule.

## Section 3:

13. Describe the effect of loss.
14. Name and describe the stages of the grieving process.
15. Describe how funerals, wakes and memorial services help people cope with the loss of a loved one.
16. What are three ways you can cope with the loss of a loved one?

## Section 4:

17. List four facts about suicide.
18. Describe why teens should be concerned about suicide.
19. State seven warning signs of suicidal behavior.
20. Describe steps that you can take to help a friend who has talked about suicide.