**Chapter 8**

**Managing Stress and Anxiety**

**Lesson 1 – Effects of Stress**

1. The act of becoming aware through the senses. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. An event or situation that causes stress. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. A physical reaction that results from stress rather than from injury or illness. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stress/ stressor/ chronic stress/ perception/ psychosomatic response

**Lesson 2 – Managing Stress**

 Redirecting your energy, keeping a positive outlook, and seeking out support are examples of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(1). Using techniques such as laughing and deep breathing exercises can cause a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(2).

**Lesson 3 – Anxiety and Teen Depression**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a prolonged feeling of helplessness.
2. Some symptoms of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are rapid heart rate and shortness of breath.

**Lesson 4 – Being a Resilient Teen**

 A condition that shields a person from the negative consequences of exposure to risk is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(1). If you are able to recover from difficulty, disappointment, and crisis, you are said to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(2).