Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1.4: Stress Guided Notes-Key**

Stress: **The reaction of the body and mind to everyday challenges and demands.**

**Q-What are some physical effects of stress?** Sweating, muscle tension, stomach aches, diarrhea, gas, long healing times, heart attacks, high blood pressure, headaches migraines, depression anxiety, irritability, weight change, drug use/addiction, etc.

Stressor: **Something that Causes Stress.**

**Q-What are some stressors in your life? Make a list and then share with class.** Boys, Girls, Friends, School, Family, Sports, Extracurricular activities, etc.

**Circle your biggest stressor. In America School is the number one stressor for teens.**

Perception: **The way you think about or understand someone or something.**

**Q-How does perception relate to stress?** Because of our perception, something that might be stressful to one person may not be stressful to another person.

Eustress: **positive stress that helps motivate and inspire.**

**What are some examples of Eustress in your life?** Sports/extracurricular activities, friends, family, school, etc.

Distress: **Negative Stress that drains our energy and surpasses our capacity to cope.**

**What are some examples of distress in your life?**  School, friends, future plans, family, home life, grades, etc.

Homeostasis: **The body’s way to regulate it’s internal environment and maintain a stable condition.**

**Q-What does homeostasis have to do with stress?** When a stressor comes and we become stress homeostasis kicks in and helps us know how to respond with either flight or fight response.

Fight or Flight Response: **Our body’s automatic response that prepares the body to “fight” or “flight” from an attack, harm, or threat.**

**Q-What are some situations in which you should fight?** School assignment, sporting event, relationship problems with friends, etc.

**Q-What are some situations in which you should flight or run?** Someone offers you drugs or alcohol, you friends are doing illegal activities, someone is actually attacking you, etc.

Stress Management Techniques: **Q- What do you do to relieve stress?**

**Prioritize, go to bed on time and wake up early, read a book, don’t procrastinate, clean your room, listen to music, exercise, take a nap, say no to unreasonable requests, ask for help.**

Relaxation Techniques: **Meditation, Deep breathing, progressive relaxation technique, power nap, guided imagery.**