

Huntsville Bible College

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Orientation To College

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What is the definition of stress? A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Give 3 examples of Eustress. Effect on health, motivation, performance, and emotional well-being.

List the 4 types of stress. General Stress: Cumulative Stress: Acute Traumatic Stress: Post Traumatic Stress:

Name 2 short term stress symptoms. Dry mouth, Faster heart rate,

List 5 Healthy living examples that you can use to manage your stress. Exercise, Rest, Diet Music, Reading,

List 4 situations that cause you to be stressed. Emotional, Over reacting, Yawning, Aggressive,

What are 2 long term stress symptoms? Change in Appetite, Aches, and Pains,

What are things you enjoy doing to relax? Reading, Watching Tv, Sexual Relation,

List all the easy but wrong ways people try to manage stress. Alcohol, Drugs, Marijuana, Medicines & Pills

