

- 1) What is the definition of stress? The human reactions to events in our environment
- 2) Give 3 examples of Eustress. Getting into college, getting engaged & winning the lottery.
- 3) List the 4 types of stress. General, cumulative, acute traumatic and post traumatic stress
- 4) Name 2 short term stress symptoms. Dry mouth and cool skin
- 5) List 5 Healthy living examples that you can use to manage your stress. Exercise, talk with a trusted partner, organize your life, learn to manage your anger and learn to be more flexible.
- 5) List 4 situations that cause you to be stressed. Difficult work environment, threat of personal injury, loud sights & sounds, and and critical environment
- 6) What are 2 long term stress symptoms? Aches and pains and insomnia
- 7) What are things you enjoy doing to relax? Sleep, read, shop or watch tv
- 8) List all the easy but wrong ways people try to manage stress. Misusing alcohol, drugs, marijuana, or medicines and pills