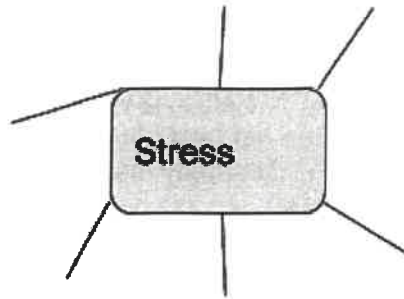


## Stress Unit Notes

Describing Stress:

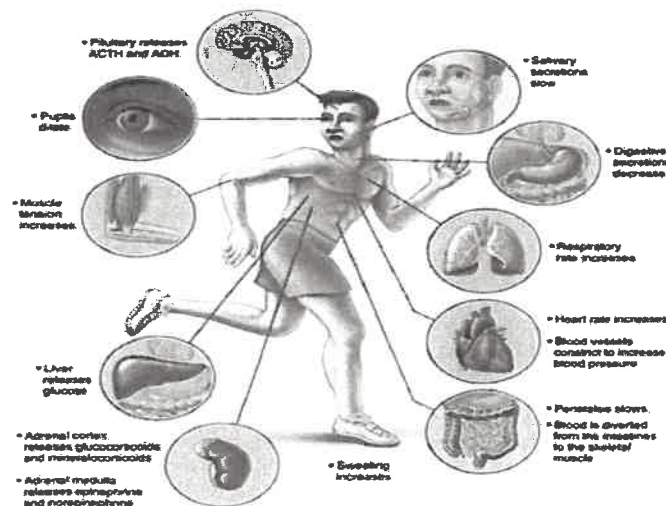
**Stress Defined:** Your body's response to the changes around you**\*Is Stress Always Bad??** \_\_\_\_\_**Eustress:** Positive Stress; Medium Level of stress; Stress that helps you achieve your goals and motivates you**Distress:** Negative Stress; Too high or too low stress levels; stress that holds you back from reaching your goals**Questions from "Can Stress Actually Kill You" Video:**

Name 3 health issues discussed from long term stress exposure (due to excess cortisol and adrenaline):

1. Lowered Immune System 2. Cancer 3. Increased aging and memory loss**Stressors:** Triggers of Stress; People, places, events, objects

Name your top 5 stressors:

- 1.
- 2.
- 3.
- 4.
- 5.

**Fight or Flight Response:** The process the body uses to deal with a stressor

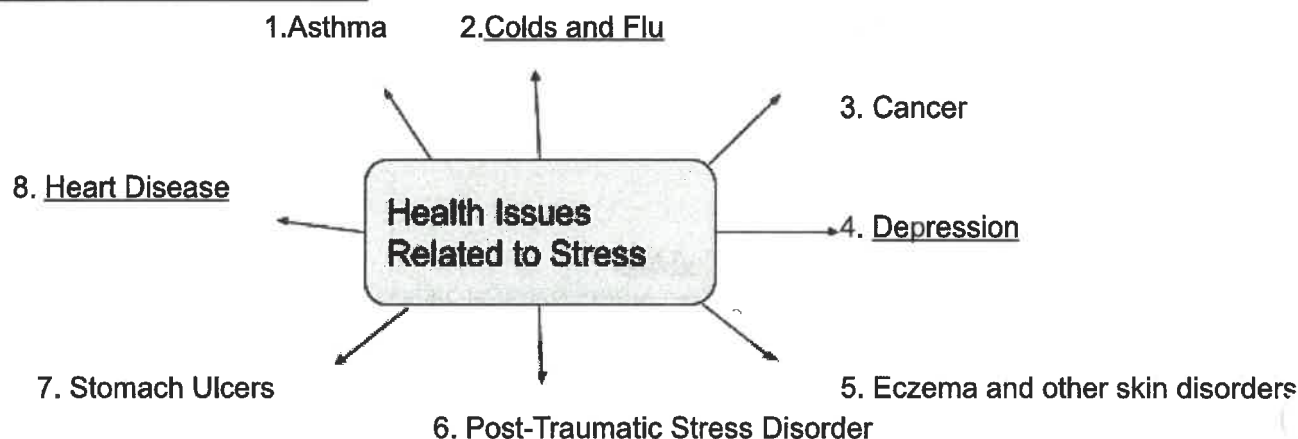
## Is Personality Linked to our Stress Levels? (Type A vs. Type B video)

Give 3 characteristics of a "Type A" personality:	Give 3 characteristics of a "Type B" personality
<ol style="list-style-type: none"><li>1. Strong ambition to succeed; usually very successful</li><li>2. Always on the go/inpatient</li><li>3. Easily agitated/potentially hostile</li></ol>	<ol style="list-style-type: none"><li>1. Enjoys success as it comes</li><li>2. Laid back/ "easy-going"</li><li>3. Generally more personable/sociable</li></ol>

Which personality type would you consider yourself??? \_\_\_\_\_

Which personality type would you predict having more stress related problems in life? Type A \_\_\_\_\_

### Health Issues Associated with Stress:



### Negative Ways People Deal with Stress:

1. Smoking
2. Alcohol and/or Drug Use
3. Taking it out on others/Fighting
4. Punching/Hitting Objects
5. Self Harm/Cutting

### Positive Stress Management Techniques:

1. Exercise
2. Yoga
3. Deep Breathing
4. Visualization/Meditation
5. Pet Therapy
6. Acupressure
7. Talk it out
8. Get Support