

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

#### Objectives

- **Describe** the relationship between stress and stressors.
- **Distinguish** between distress and positive stress.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

#### Start Off Write

Why is some stress in your life good for you?



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

#### What Is Stress?

- **A Natural Body Response** Stress is the combination of a new or possibly threatening situation and your body's natural response to the situation.
- **What Is a Stressor?** A stressor is anything that causes a stress response. Stressors can be physical, such as an emergency operation to remove your appendix. Stressors can also be mental, emotional, or social.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

#### Bad Stress and Good Stress

- **Distress** Distress is the negative physical, mental, or emotional strain in response to a stressor.
- **Eustress** Positive stress—sometimes called eustress—is the stress response that happens when winning, succeeding, and achieving.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

Major events, such as being in a car accident, can also cause distress.

#### Common Stressors for Teens

arguing with a brother, sister, or friend	trying out for a sports team
moving to a new home or school	experiencing the death of a pet
getting glasses or braces	having a newborn brother or sister
arguing with a parent	being suspended from school
worrying about height, weight, or appearance	starting to use alcohol, tobacco, or other drugs
being picked as the lead in the school play	being arrested
being seriously injured or sick	experiencing the separation or divorce of a parent
worrying about family member who is seriously ill	falling classes in school
starting to date	death of brother, sister, or parent



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

#### Stressors in Your Life

- **Different People, Different Responses** Not everybody feels stressed by the same event. People respond differently to the same stressor.
- **Balancing Stress** You should find stressors—and a level of stress response—that leave you feeling motivated and enthusiastic.



Chapter menu

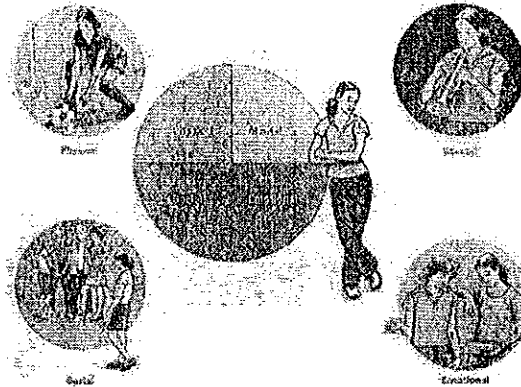
Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

Stress—and stressors—can be physical, mental, emotional, or social.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 1 Stress: A Natural Part of Your Life

#### Stressors Never Come One at a Time

- **Everyday Stressors** Every day, you deal with stressors you have faced many times, such as quizzes, disagreements with friends, and worrying about how you look. Most of the time, you deal with these routine stressors.
- **Major Life Events** If a major life event, such as the death of a favorite grandparent, is suddenly added, your stress level may change quickly.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3 Lesson 2 How Stress Affects You

### Objectives

- **Describe** the body's stress response.
- **Discuss** how stress may affect relationships.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3 Lesson 2 How Stress Affects You

### Start Off Write

How might long-term responses to stress damage relationships?



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3 Lesson 2 How Stress Affects You

### Responding to Stressors

- **What Is a Stress Response?** A stress response, also called a “fight-or-flight” response, is your body’s reaction to a stressor.
- **Physical Changes and Stress** Your body responds to stress with the physical changes shown on the next slide. These changes are an immediate and unconscious physical response to the stressor.

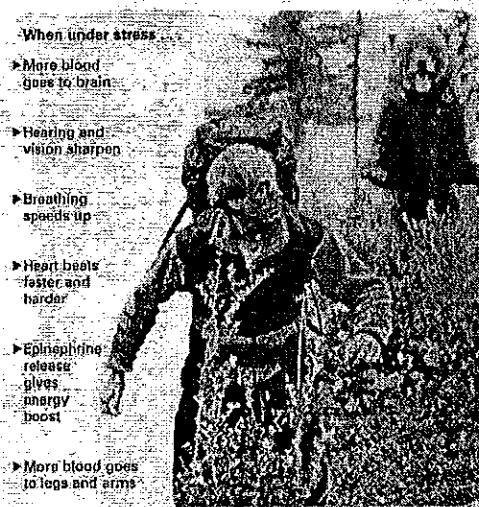


Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3 Lesson 2 How Stress Affects You



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 2 How Stress Affects You

#### Short-Term Responses To Stress

- **Short-Term Symptoms of Stress** Short-term responses to stress include:
  1. Dry mouth
  2. Tightened muscles
  3. Extra energy
  4. Sharpened vision and hearing



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 2 How Stress Affects You

#### Lasting Effects of Stress

- **Long-Term Symptoms of Stress** When you are distressed continuously, you may have:
  1. physical, emotional, and mental fatigue
  2. difficulty sleeping or frequent headaches
  3. mental or emotional problems
  4. become depressed, bored, or frustrated
  5. feel tense, irritable, and overwhelmed
  6. have trouble concentrating
  7. overeat without meaning to or lose your appetite



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3 Lesson 2 How Stress Affects You

Prolonged distress can be serious.

Long-Term Effects of Stress on the Body	
Part of body	Problem
Brain	anxiety disorder or depression; stroke (from high blood pressure)
Heart	heart disease and heart attacks
Circulatory system	high blood pressure and coronary artery disease
Immune system	increased risk of infection and disease
Digestive system	digestive problems, such as diarrhea, constipation, cramps, abdominal bloating, and a type of ulcer
Skin	including acne, hives, psoriasis, and eczema
Weight	loss of appetite and weight; cravings for "comfort foods," such as salty or sweet food, which can lead to weight gain
Other	diabetes, chronic pain (arthritis), and sleep disorders, all of which may be made worse by long-term stress



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3 Lesson 2 How Stress Affects You

### Distress Affects Relationships

- **Making Bad Decisions** Your distress may hurt your ability to think clearly and to make good decisions. Your bad decisions may hurt other people even if you do not mean to.
- **Dealing with Stress** Learn what your stressors are. Know when you are stressed. Then, you can deal with your stress and will cause less damage to your relationships.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 3 Defense Mechanisms

#### Objectives

- Describe the purpose of defense mechanisms.
- Identify three defense mechanisms.
- Explain why defense mechanisms may be harmful.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 3 Defense Mechanisms

#### Start Off Write

What do defense mechanisms defend against?



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

## Lesson 3 Defense Mechanisms

### Short-Term Ways of Handling Stress

- **Some Defense Mechanisms** Defense mechanisms include:
  1. Rationalization
  2. Displacement
  3. Repression
  4. Denial
  5. Projection



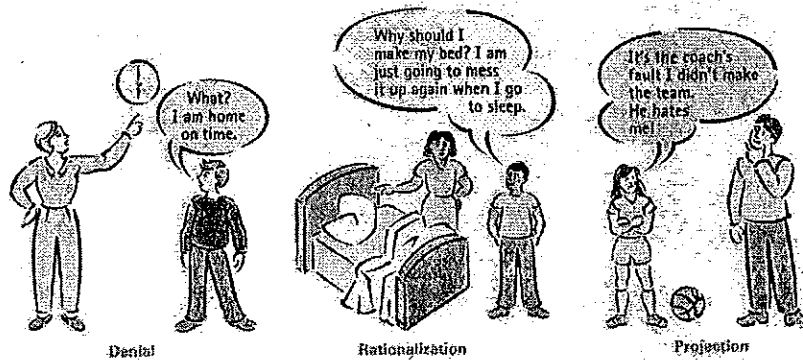
Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

## Lesson 3 Defense Mechanisms



Denial

Rationalization

Projection

Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

## Chapter 3

### Lesson 3 Defense Mechanisms

#### Do Defense Mechanisms Help?

- **Short-Term Relief** Defense mechanisms are temporary. They are the easy way out. Defense mechanisms delay having to deal with the stressor.
- **Defense Mechanisms Do Not Solve Problems** Defense mechanisms do not make the stressor go away. The stressor is still there. Often, it becomes even worse, so it is important to realize when you are using defense mechanisms.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.