

Activity

Health Inventory

Managing Stress

Read each statement below. Decide how it describes your feelings about stress. Write *always*, *sometimes*, or *never* in the space to the left of each statement.

- _____ 1. I force myself to react the same way my friends do to stressors.
- _____ 2. I expect to have control over all of my stressors.
- _____ 3. I sleep a lot more than usual if I'm coping well with distress.
- _____ 4. I avoid stress, even if it could be fun and exciting.
- _____ 5. If I'm already feeling distressed, I think it doesn't matter much if a few more stressors are added to my stress inventory.
- _____ 6. I'm too young to worry about the long-term effects of stress.
- _____ 7. When I'm under stress, my senses are sharpened and I do better on assignments and tests.
- _____ 8. I rely on defense mechanisms as my number one way to manage stress.
- _____ 9. I find that the warning signs of stress go away if I ignore them.
- _____ 10. I'm so busy, I don't have the time to think about the stress I'm feeling.

Score yourself: Give yourself 4 points for each *never* answer, 2 points for each *sometimes* answer, and 0 points for each *always* answer.

Write your score here _____.

35–40: Excellent—You are a good stress manager.

25–34: Good—You are well on your way to being a part of the management team.

15–24: Fair—You need some more work before you can expect a promotion.

Fewer than 15: You need to request additional training in stress management.

Lesson: Stress Is Only Natural

List four or five activities that make you feel stressed.

Lesson: The Effects of Stress

Draw a picture of someone who looks distressed.

7th

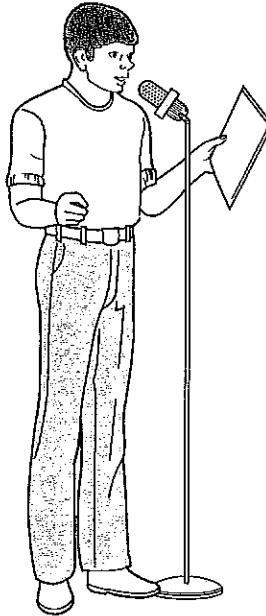
Activity

Life Skills: Coping

Lesson: The Effects of Stress

RESPONDING TO STRESSORS

Label the figure provided below with the specific physical reactions the stress response produces. Then, answer the questions.



1. Explain how the physical changes produced by a stress response get your body ready for "fight or flight."

2. Most of the stress response changes will go away when the stressor is gone, but what happens if the stressor is not eliminated?

7/24

Activity

Enrichment Activity

Lesson: Stress Is Only Natural

How we react to a stressor is very important. It's interesting to note that none of us reacts in the same way to the same stressor.

Using the table below, list ten stressors. Then, survey ten of your classmates to find out how stressful they would find the stressor to be, if they would find the stressor distressful or a positive stress, and if they think the stressor could be controlled. After you have all of the data, report the most significant findings back to your class in terms of percentages. (Example: 50% of 7th graders believe that a final exam causes distress, and 70% think that this distress cannot be controlled.)

Reactions to Stressors						
Stressor	Distress	Positive Stress	Controllable	Very Stressful	Somewhat Stressful	Not at all Stressful

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