

Assessment

Quiz

Lesson: Managing Your Stress

Write the letter of the correct answer in the space provided.

- _____ 1. The ability to handle stress in healthy ways is
a. a stressor.
b. anxiety.
c. stress management.
d. not helpful.
- _____ 2. Some physical signs of stress are
a. worrying, forgetfulness, loneliness.
b. muscle aches, teeth grinding, shortness of breath.
c. depression, irritability.
d. typhoid fever.
- _____ 3. Taking time for yourself is
a. an important part of managing your stress.
b. called a defense mechanism.
c. not important.
d. a sign of physical stress.
- _____ 4. Frustration, depression, irritability, and poor concentration are
a. uncommon in teenagers.
b. mental and emotional signs of stress.
c. nothing to worry about.
d. physical signs of stress.

Match the definitions with the correct term. Write the letter in the space provided.
One term will not be used.

- | | |
|--------------------------------------------------|-----------------------|
| _____ 5. changing the way you think of stressors | a. asserting yourself |
| _____ 6. telling others how you feel | b. planning |
| _____ 7. thinking ahead about what you must do | c. boredom |
| _____ 8. lowering your stress level with humor | d. reframing |
| | e. laughter |

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3. Answers may vary but should include specific actions by the character to handle stress.

5. d
6. a
7. b
8. e

Cross-Disciplinary: Math

LESSON: PREVENTING DISTRESS

The schedule should be written out with time increments for each item; for example, brush teeth —2 min. The time should be added up correctly. A reasonable percentage should be given to free time. It can be rounded.

QUIZ

LESSON: STRESS: A NATURAL PART OF YOUR LIFE

1. a
2. c
3. c
4. d
5. a
6. b
7. c

LESSON: HOW STRESS AFFECTS YOU

1. d
2. b
3. c
4. a
5. b
6. a
7. e
8. c

LESSON: DEFENSE MECHANISMS

1. b
2. d
3. c
4. c
5. a
6. d
7. b

* LESSON: MANAGING YOUR STRESS

1. c
2. b
3. a
4. b

LESSON: PREVENTING DISTRESS

1. d
2. a
3. b
4. a
5. c
6. d
7. b

Chapter Test

1. epinephrine
2. defense mechanism
3. plan
4. priority
5. fatigue
6. stress response
7. c
8. b
9. d
10. b
11. d
12. anything that causes a stress response
13. making good choices on how to use your time
14. you change the way you think about the problem or stressor
15. stress management
16. to arrange items in order of importance
17. Answers may vary. Sample answer:
For someone who enjoys basketball and plays it well, this can be a positive stress. The person can get respect from other class members for his/her talent and be asked to be on their team. Someone who has no skill at the game or doesn't especially like the sport may experience negative stress. The person doesn't want to look bad in front of peers or be rejected by them. This student could reduce the stress by laughing or making a joke about not playing well or by asserting himself/herself and admitting personal feelings, but promising to keep an open mind.

Enrichment Activity *continued*

Lesson: Managing Your Stress

Stress is the essence of most fiction. Putting a character in a desperate situation and having him or her struggle to get out makes an exciting, memorable story.

On a separate sheet of paper, write a one- to two-page story involving a stressful situation. The story can be based on a real situation, a situation that could happen, or a fantasy situation. The elements your story must have are

a stressful situation

a description of how that situation makes the character feel mentally, emotionally, and physically (this does not need to be long or name a lot of symptoms—just express how the character is feeling as he, she, or it reacts)

one or more defense mechanisms that the character employs before truly dealing with the stress

at least one additional obstacle that the character has to overcome while solving the problem that caused stress in the first place

Lesson: Preventing Distress

Imagine one perfect school day with a minimum of distress caused by things like forgotten lunch money, lost assignments, hunger because you didn't have time for breakfast, uncooperative hair, or bruises from banging into people or things on the way to class. Think about the things that usually cause you distress, and on a separate sheet of paper, write down a list of things you have some control over that could help you have that perfect day. This is not a plan, because some of these things would be impossible to actually do. This is a dream of a nearly perfect you who has everything together, a calm attitude, a sense of humor, and enough time for preparation and relaxation—at least for one day.

After you finish your dream list, find one or two things that wouldn't be hard for you to change. Try them out tomorrow. Add a report of how it went to your dream page. Maybe next week you can add another change!

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