

**After You Read**

Review the information you have recorded in your Foldable about the causes and effects of stress. Write a short paragraph explaining why it is important to learn how to manage stress and anxiety.

**FOLDABLES**  
Study Organizer

► **EXPLORING HEALTH TERMS** Answer the following questions on a sheet of paper.

**Lesson 1** Match each definition with the correct term.

stress	perception
stressor	psychosomatic response
chronic stress	

1. The act of becoming aware through the senses.
2. An event or situation that causes stress.
3. A physical reaction that results from stress rather than from injury or illness.

**Lesson 2** Fill in the blanks with the correct term.

relaxation response  
stress-management skills

Redirecting your energy, keeping a positive outlook, and seeking out support are examples of (4). Using techniques such as laughing and deep breathing exercises can cause a (5).

**Lesson 3** Identify each statement as True or False. If false, replace the underlined term with the correct term.

anxiety                      depression

6. Depression is a prolonged feeling of helplessness.
7. Some symptoms of depression are rapid heart rate and shortness of breath.

**Lesson 4** Fill the blanks with the correct term.

resiliency  
protective factor

A condition that shields a person from the negative consequences of exposure to risk is a (8). If you are able to recover from difficulty, disappointment, and crisis, you are said to have (9).

► **RECALLING THE FACTS** Use complete sentences to answer the following questions.

1. What occurs in your body during the alarm stage of the stress response?
2. Which type of fatigue is the effect of the stress of illness?
3. What is the effect of prolonged stress on the immune system?
4. How does planning help you manage stress?
5. How does physical activity help reduce the effects of stress?
6. How is nutrition related to stress?
7. How might perfectionism lead to anxiety?
8. What are three strategies for coping with mild depression?
9. What are three symptoms of depression?
10. Over which category of the factors that affect resiliency does a person have the most control?
11. What does "commitment to learning" mean?
12. List three things you can do to build your protective factors and strengthen your resiliency.

# **Fitness For Life Chapter Review Answer Key**

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