

1. A **stressor** is the \_\_\_\_\_ of stress. **Stress** is the \_\_\_\_\_ to the \_\_\_\_\_ of life.

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

2. \_\_\_\_\_ is a hormone that prepares the body to react. Reactions your body might have physically if you were facing a stressor:

- |         |         |
|---------|---------|
| - _____ | - _____ |
| - _____ | - _____ |

Fight or flight means your body is either ready to \_\_\_\_\_ and face the stressor, or \_\_\_\_\_ (get away) from the stressor.

3. When you experience stressors, changes occur in your body.

Adrenaline is a good thing, but it is meant to help us in a crisis, and not daily. Muscles in the body get fatigued with prolonged stress and lack of oxygen.

**STRESS CAN CAUSE:**

headaches dizziness,  
grinding teeth, gas,  
constipated, can't  
sleep, tired, sick,  
asthma, acne...  
can't concentrate,  
crabby, anxious,  
unhappy, sad, not  
motivated, compulsive  
behavior, crying, hurts  
relationships, hurts  
athletic performance,  
hurts schoolwork,  
causes accidents...

4. Prolonged stress lowers your \_\_\_\_\_ and causes people to get \_\_\_\_\_. Why? Because besides an increase in heart rate and blood pressure, there is blood flow to the brain, heightened senses, blood sugar increase, blood clotting, and decrease in blood flow to skin, digestive tract, and kidneys!

5. Psychosomatic disease is a physical disorder caused by an \_\_\_\_\_ reason. Ex: stomachache caused by fear / or headache caused by stress

6. If you turn to drugs or alcohol because of stress, you: \_\_\_\_\_

and \_\_\_\_\_.

**7. 3 things to do if you are stressed out : TIME OUT - WORK OUT - REACH OUT**

**1. TIME OUT** take time out for things you enjoy. These should be simple pleasures that you can enjoy daily like listening to music, talking on the phone, etc.

**List 5 things you would like to do for a “TIME OUT:**

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

**2. WORK OUT-exercise and get daily activities.**

**List 5 things you like to do for a “WORK OUT:**

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

**3. REACH OUT-This could be reaching out to others, joining an activity, or volunteering to help others (you’ll feel better about yourself and your situation!)**

**List 3 things you could do to “REACH OUT”:**

- 1.
- 2.
- 3.

**8. To be resilient means: \_\_\_\_\_.**

***Research has found that “... 90% of illness is stress-related”!<sup>1</sup>***

**9. There is “good” stress (Eustress) and “Bad” stress (Distress) Eustress is stress from good events**

**10.** Clinical Depression is \_\_\_\_\_. Go to a clinic if it lasts longer than: \_\_\_\_\_.

**11. A person is Clinically Depressed if they have 5 or more of these symptoms<sup>2</sup>:**

- Depressed or \_\_\_\_\_ most of the day
- Diminished interest or pleasure in daily activities
- Substantial increase or decrease in \_\_\_\_\_
- Insomnia or excessive \_\_\_\_\_
- Restlessness or slowness of movement
- \_\_\_\_\_ or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Difficulty concentrating, thinking, or making decisions
- Recurrent thoughts of death or \_\_\_\_\_

**12. Causes of Depression:**

1. \_\_\_\_\_ history can cause depression. ( if one parent has Clinical Depression, you have a \_\_\_\_% chance of also getting it. It usually starts from age 12 - 40).<sup>3</sup>

2. Depression can be caused by a \_\_\_\_\_ imbalance.

**\*TREATMENTS ARE:** \_\_\_\_\_, and \_\_\_\_\_.

**13. Bipolar Disorder:** is a disorder that includes episodes of major \_\_\_\_\_, and episodes of \_\_\_\_\_. Manic symptoms can include: being hyper, feeling “high, spending \$, egotistical, judgmental, no one else is right, don’t need sleep, irritable... **It should be treated\***.

**14. Other Depression Disorders include:** Post-Partum depression is Clinical Depression in new mothers that occurs weeks or months after their baby is born. It is probably due to hormonal changes in her body. **It should be treated\***.

S.A.D. – Seasonal Affective Disorder is sometimes called “Winter Depression” and can be brought on by dark days, lack of sunlight, and shorter days. **It should be treated\***.

**15. Teens who are at risk for attempting suicide may have one or more of the following **WARNING SIGNS**:**

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

**16. What to do if you are concerned someone is considering suicide:**

- 1) SHOW \_\_\_\_\_
- 2) ASK \_\_\_\_\_
- 3) GET \_\_\_\_\_ TELL AN \_\_\_\_\_ !!!!!!!!
- 1-800- \_\_\_\_\_

<sup>1</sup> <http://www.stress.org/americas-1-health-problem/>

<sup>2</sup> <http://psychcentral.com/disorders/major-depressive-episode-symptoms/>

<sup>3</sup> [http://www.allaboutdepression.com/cau\\_03.html](http://www.allaboutdepression.com/cau_03.html)