

# High School Health

## Lesson #6: Understanding Stress

### Objectives:

- In this lesson you will...
  1. Summarize personal stressors at home, in school and with friends
  2. Explain the body's physical and psychological responses to stressful situations

### Vocabulary

- Anxiety Disorder- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Depression- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Fight-or-Flight Response- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Stressor- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Student Journal

# Lesson 5: Understanding Stress

---

### Health terms

alarm stage  
anxiety disorder  
depression  
exhaustion stage  
fight-or-flight  
response  
resistance stage  
stressor

### Journal entry

Complete these sentences:

• Stress is \_\_\_\_\_

\_\_\_\_\_

• When I'm stressed I feel \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### How the Body Responds to Stress

#### Alarm Stage

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Resistance Stage

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Exhaustion Stage

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(continued)

# Stressors in My Life

## ► Part 1 Changes

**Directions:** Reflect on the past year of your life and make a list of changes related to your home life, school, or friends and other peers, even those that might have been positive or that you didn't think of as stressful at the time. Try to list at least 1 change in each area. Put a plus sign (+) by the changes that were positive and a minus sign (-) by the ones that were negative. Then rate the level of stress each change caused on a scale of 1 to 5, where 1 equals "not much stress at all" and 5 equals "extremely stressful."

Home	School	Friends/Peers
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## ► Part 2 Everyday Stressors

**Directions:** Think about the stressors you experience in everyday life related to home, school or friends. Make a list of these daily stressors, and, again, rate the level of stress each one causes you on a scale of 1 to 5. Try to list at least 1 stressor in each area.

Home	School	Friends/Peers
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(continued)

# Stressors in My Life *(continued)*

## ► Part 3 Effects of Stress

**Directions:** Describe both a major change and an everyday stressor that could affect teens. For each stressor, describe at least 3 mental/emotional responses and at least 3 short-term physical responses. Then describe at least 2 of the long-term physical and emotional problems the person might experience if the stress from these stressors continued without being managed.

**Major Change:** \_\_\_\_\_

Mental/emotional responses: \_\_\_\_\_

\_\_\_\_\_

Physical responses: \_\_\_\_\_

\_\_\_\_\_

**Everyday Stressor:** \_\_\_\_\_

Mental/emotional responses: \_\_\_\_\_

\_\_\_\_\_

Physical responses: \_\_\_\_\_

\_\_\_\_\_

What could happen in the long term if stress isn't managed? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Self-Check

- I listed at least 3 personal changes and 3 personal everyday stressors related to home, school and friends/peers.
- I described 1 major change and 1 everyday stressor that could affect teens.
- For each stressor, I described 3 mental/emotional responses and 3 short-term physical responses.
- I described 2 long-term physical and emotional effects that could happen if stress isn't managed.