

Skills Worksheet

Directed Reading

Lesson: Stress Is Only Natural

1. Every person experiences _____ at some time in their lives.

STRESS IS PART OF LIFE

- _____ 2. Stress
- a. can be physical, mental, emotional, or social.
 - b. can be caused by “small” or “big” situations.
 - c. is something each person reacts to in his or her own way.
 - d. All of the above
3. A _____ is anything that triggers a stress response.
4. List three stressors that teenagers might have in their life.

DISTRESS AND POSITIVE STRESS

5. Good stress is called _____.
6. Bad stress is called _____.

STRESS IN YOUR LIFE

- _____ 7. Stressors faced by teens
- a. are always serious.
 - b. vary from person to person.
 - c. are never serious.
 - d. are easily measured.

PERSONAL STRESS INVENTORY

8. List three life changes that could be part of any personal stress inventory.

Directed Reading *continued*

Lesson: The Effects of Stress

PHYSICAL EFFECTS OF STRESS

9. Epinephrine is a _____ that triggers your body's stress response.

_____ 10. A stress response

- a. doesn't go away, even when the stressor is gone.
- b. makes you feel really fatigued.
- c. is a set of physical changes that gives you an energy boost.
- d. is the emotional effect of stress.

11. Give two examples of the effects of long-term stress.

12. Explain why the stress response is also called the "fight-or-flight" response.

OTHER EFFECTS OF STRESS

_____ 13. Mental effects of stress can include

- a. sadness from crying.
- b. jealousy.
- c. memory problems.
- d. anger.

14. Repeated or long-term stress can cause mental, _____ and social effects.

15. Psychological fatigue can make you feel extremely _____

16. A result of _____ stress is constant anger that is harming your relationship with your family.

17. A result of _____ stress is sleeplessness.

18. A result of _____ stress is lack of concentration.

Directed Reading *continued*

Lesson: Defense Mechanisms

SHORT-TERM WAYS TO HANDLE STRESS

- _____ **19.** To relieve the physical effects of stress and get back to normal, you could
- a.** ride your bike.
 - b.** twiddle your thumbs.
 - c.** sit very still.
 - d.** watch television.
- _____ **20.** A defense mechanism
- a.** relieves stress quickly.
 - b.** protects you from being hurt.
 - c.** helps you maintain self-esteem.
 - d.** All of the above
- 21.** When the release of epinephrine triggers the stress response, your body wants to take _____.
- 22.** The best way to end the stress response is to deal with the _____.

DEFENSE MECHANISMS—GOOD OR BAD?

Match each definition with the correct term. Write the letter in the space provided.

- | | |
|--|---------------------------|
| _____ 23. expressing emotions like anger or disappointment in very childlike ways | a. daydreaming |
| _____ 24. putting negative feelings on someone else | b. denial |
| _____ 25. blocking out unpleasant thoughts or memories | c. projection |
| _____ 26. using your imagination to escape an unpleasant situation | d. rationalization |
| _____ 27. refusing to accept reality | e. regression |
| _____ 28. making excuses for behavior to avoid a problem or gain acceptance | f. repression |

Directed Reading *continued*

Lesson: Managing Distress

SIGNS OF DISTRESS

_____ **29.** A physical warning sign of distress is

- a. frustration.
- b. depression.
- c. teeth grinding.
- d. nightmares.

_____ **30.** An emotional or mental warning sign of distress is

- a. forgetfulness.
- b. heart pounding.
- c. headaches.
- d. fatigue.

31. All good stress management plans start with recognizing the sources of

_____ in your life.

MANAGING YOUR STRESS

32. Stress _____ is the ability to handle stress in healthy ways.

33. Two common ways to manage stress are _____ and

_____.

34. Looking at the situation from another point of view and changing your

emotional response to the situation is called _____.

AVOIDING DISTRESS

_____ **35.** Avoiding distress requires

- a. throwing temper tantrums.
- b. taking a day off from doing homework.
- c. thinking ahead and planning.
- d. trying as hard as you can to wish it away.

Directed Reading *continued*

36. Give one example of how you could avoid distress if you were worried about a big test coming up at the end of the month.

PREVENTING DISTRESS

37. When stress becomes more than you can handle yourself, what should you do about it?
