

**Stress Management Power point  
Worksheet**

Name \_\_\_\_\_

Teacher \_\_\_\_\_

As you view the power point presentation on-line, answer the following questions.  
Please turn it in to your respective teachers.

**Part one**

1. How does your body respond to demanding situations?
2. What is part of every day life?
3. Stress can be positive or negative (True or False)
4. What is the name given to a specific event that produces a reaction from you?
5. What is emotional or social stress?
6. How to thoughts relate to stress?
7. List they types of stress and define them.
8. What are the effects of the different types of stress listed in question 7?
9. Name three types of stressors and give an example of each
10. List at least five events that could produce stress.
11. According to Hans Selye there are three stages of stress, list and define each of them.