

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.

Glenco Health Assessment Answers

**Barbara Ramutkowski, Abdulai
Barrie, Laurie Dazarow, Cindy Abel**

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Table of Contents Glenco Health Assessment Answers

1. Understanding the eBook Glenco Health Assessment Answers
 - The Rise of Digital Reading Glenco Health Assessment Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Glenco Health Assessment Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Glenco Health Assessment Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Glenco Health Assessment Answers
 - Personalized Recommendations
 - Glenco Health Assessment Answers User Reviews and Ratings
 - Glenco Health Assessment Answers and Bestseller Lists
5. Accessing Glenco Health Assessment Answers Free and Paid eBooks
 - Glenco Health Assessment Answers Public Domain eBooks
 - Glenco Health Assessment Answers eBook Subscription Services
 - Glenco Health Assessment Answers Budget-Friendly Options
6. Navigating Glenco Health Assessment Answers eBook Formats

- ePub, PDF, MOBI, and More
- Glenco Health Assessment Answers Compatibility with Devices
- Glenco Health Assessment Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Glenco Health Assessment Answers
 - Highlighting and Note-Taking Glenco Health Assessment Answers
 - Interactive Elements Glenco Health Assessment Answers
- 8. Staying Engaged with Glenco Health Assessment Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Glenco Health Assessment Answers
- 9. Balancing eBooks and Physical Books Glenco Health Assessment Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Glenco Health Assessment Answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Glenco Health Assessment Answers
 - Setting Reading Goals Glenco Health Assessment Answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Glenco Health Assessment Answers
 - Fact-Checking eBook Content of Glenco Health Assessment Answers
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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