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Managing Stress and Coping with Loss

Chapter 4 Review

1. Explain how perception is related to stress?
2. List the two body systems that stress can effect?
3. Identify 5 stressors to teens.
4. List 4 effects of prolonged stress on the body.
5. What is the first step in dealing with stress?
6. Identifyfour strategies that can help you avoid and limit stress.
7. Below is a scenario involving a student with a high level of stress in their life. Using what you learned from Lesson 2 as a guide, identify some ways the student could handle his stress effectively.

Carlos, a senior at South High School, will be taking his ACT this weekend. He knows the importance of his test score and the impact it will have on his college eligibility. Aside from studying for the test throughout the week, he is responsible for looking after his younger brother for a few hours after school every day. Additionally, his neighbor has asked him if he would be willing to help out with some household chores on Wednesday evening. Carlos has been an excellent student throughout his high school career and has generally managed his stress effectively. However, with the upcoming ACT, he is feeling overwhelmed with stress. He is afraid he will not score well on the test and not be able to attend the college of his choice.

1. List the stages of grief.
2. Why is it important to acknowledge and understand your grief?
3. Describe a positive way to cope with death.
4. What are some ways you can cope with divorce?