

STRESS TEST

PART 1

MATCH THE RESPONSE

When you feel under stress, your body's stress response system kicks into gear to tackle the situation. Match each body organ below with the way in which it responds to stress.



1. Heart

a. Tense to protect against injury.



2. Brain

b. Releases glucose into the bloodstream to power cells.



3. Liver

c. Rate increases to push blood through the body faster.



4. Muscles

d. Activity decreases so energy can be used in other parts of the body.



5. Stomach/Intestines

e. Signals the release of the hormones adrenaline and cortisol.

PART 2

THINK ABOUT IT

Use information from this work sheet, as well as the article "Stressed Out?" to respond to the questions below. Record your answers on a separate sheet of paper.

1. Identify a situation in which you experienced stress.

2. Write about how your body responded to the stressful event, and explain why your body reacted the way it did.

3. What strategies will you use to reduce this type of stress in the future?

Be sure to use evidence from the texts to support your answer. Write in complete sentences.

PART 3

COPING WITH STRESS

Stress-release strategies can help you cope with day-to-day stress so that it doesn't turn into chronic stress. Pick one of the exercises below and try it for at least 10 minutes every day for a week. Report back to your class how it helped you or not.



1. Deep Breathing Focus: Find a quiet space. Breathe deeply through your nose for a count of four. Hold your breath for a count of two. Then, let the breath out through your mouth for a count of four. Try to continue for 10 minutes or more.



2. Physical Activity: Lace up and go for a walk or a run. Try to get your heart pumping, but not so much that you can't talk. In fact, you might ask a friend or family member to join you to help make it more fun!



3. Step Away From Your Phone: This exercise is best for those "attached" to their phones. Put your phone away and do not check it for two hours or four hours or a whole day. Let your parents know, and ask them not to call you unless it's absolutely necessary, and then pick up only for them. At first you may feel more stressed and worried about what you are missing. But see if it gets better as each day goes by. Track your progress.