

# STRESS TEST

## PART 1 MATCH THE RESPONSE

When you are stressed, your body's stress response system kicks in 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 stress hormones.

## PART 2 THINK ABOUT IT

Respond to the questions below on a separate sheet of paper. Use information from this activity sheet as well as the article "Stressed Out?"

1. Identify a situation in which you experienced stress.

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

3. Name two strategies you might use to reduce this type of stress in the future.

## PART 3 COPING WITH STRESS

Stress-release strategies can help you cope so day-to-day stress doesn't turn into chronic stress. Pick one of these activities. Try it for at least 10 minutes every day for a week. Report back to your class to share if it helped you or not.



**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, breathe out through your mouth for a count of four. Try to continue for at least 10 minutes.



**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. Ask a friend or family member to join you to make it more fun!



**Step Away From Your Phone:** Put your phone away for one hour on the first day. Gradually increase that time over the next week. Only pick up the phone for your parents. Ask them not to call you unless absolutely necessary. At first you may feel stressed about what you are missing. But see if it gets better each day. Track your progress.