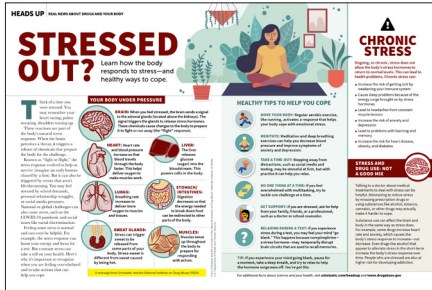


STRESSED OUT?



OUT?

Find the article at:
headsup.scholastic.com/students/stressed-out

adrenal gland (*noun*): one of a pair of glands located near the kidneys that produces hormones, including norepinephrine

alleviate (*verb*): to make something, such as pain or suffering, easier to handle

anxiety (*noun*): feelings of worry or fear that may be strong enough to interfere with a person's daily activities

blood pressure (*noun*): the force caused by the blood pressing against the body's tubes that carry blood through the body (arteries); high blood pressure is connected to a higher risk for heart disease

chronic (*adjective*): continuing for a long time or repeatedly occurring

cope (*verb*): to handle a problem successfully

depression (*noun*): a condition in which a person feels sad and hopeless and may have difficulty concentrating and thinking

evolve (*verb*): to develop over time by natural processes

hormone (*noun*): a chemical produced by cells and released into the bloodstream that has specific effects on the body

meditation (*noun*): the act or process of sitting quietly to relax

norepinephrine (*noun*): a chemical produced and released when the body is under stress; it has many effects on the body, including increasing heart rate

perceive (*verb*): to notice or become aware of something

response (*noun*): a reaction to something

stress (*noun*): something that causes feelings of worry or anxiety; the state of worry caused by problems in life

stress hormone (*noun*): one of several chemicals produced and released in the body when a person feels threatened or afraid

symptom (*noun*): something that occurs in the brain or body that suggests that there is a disease or disorder present

