

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.

Glencoe Health Chapter Test Answers

IM Harris



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Glencoe Health Chapter Test Answers Book Review: Unveiling the Power of Words

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Table of Contents Glencoe Health Chapter Test Answers

1. Understanding the eBook Glencoe Health Chapter Test Answers
 - The Rise of Digital Reading Glencoe Health Chapter Test Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Glencoe Health Chapter Test 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 Glencoe Health Chapter Test Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Glencoe Health Chapter Test Answers
 - Personalized Recommendations
 - Glencoe Health Chapter Test Answers User Reviews and Ratings
 - Glencoe Health Chapter Test Answers and Bestseller Lists
5. Accessing Glencoe Health Chapter Test Answers Free and Paid eBooks

- Glencoe Health Chapter Test Answers Public Domain eBooks
 - Glencoe Health Chapter Test Answers eBook Subscription Services
 - Glencoe Health Chapter Test Answers Budget-Friendly Options
6. Navigating Glencoe Health Chapter Test Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Glencoe Health Chapter Test Answers Compatibility with Devices
 - Glencoe Health Chapter Test Answers Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Glencoe Health Chapter Test Answers
 - Highlighting and Note-Taking Glencoe Health Chapter Test Answers
 - Interactive Elements Glencoe Health Chapter Test Answers
 8. Staying Engaged with Glencoe Health Chapter Test Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Glencoe Health Chapter Test Answers
 9. Balancing eBooks and Physical Books Glencoe Health Chapter Test Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Glencoe Health Chapter Test Answers
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Glencoe Health Chapter Test Answers
 - Setting Reading Goals Glencoe Health Chapter Test Answers
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Glencoe Health Chapter Test Answers
 - Fact-Checking eBook Content of Glencoe Health Chapter Test 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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