

# Chapter 3 – Guided Notes

---

## 3.1 What Causes Stress?

**Stress** is the response of your \_\_\_\_\_ and \_\_\_\_\_ to being threatened or challenged.

Eustress=positive stress

Distress=negative stress

A **Stressor** is the cause of stress. 4 kinds of stressors:

1. Major life changes – divorce, moving to a new school, failing a class, break-ups, death of a family member, etc.
2. Catastrophes – threaten lives and destroy property such as natural disasters, war, accidents, etc.
3. Everyday problems – conflict with parents/friends, drama at school, homework, teachers, work, traffic, etc.
4. Environmental problems – noise or crowds

## 3.2 and 3.3 – How stress affects your body

Stages of Stress:

- 1.
- 2.
- 3.

What happens to the body (physically) during stress?

- 
- 
- 
- 
-

List some of the warning signs of stress:

Behavioral Changes	Physical Changes
Changes in Thinking	Emotional Changes

**Stress and Illness:**

Stress can trigger certain illnesses, reduce the body's \_\_\_\_\_  
\_\_\_\_\_, and make some diseases  
\_\_\_\_\_.

HOW YOU RESPOND TO STRESS DEPENDS ON HOW YOU ASSESS THE  
SITUATION!!!!

IS IT THREATENING OR CAN I MEET THE CHALLENGE?

**Vocabulary:**

Optimism-

Pessimism-

Perfectionist-

Resilience-

### 3.4 – Coping with Stress

List and describe the 2 ways to take control of stress.

- 
- 

List and describe 3 ways to reduce tension.

- 
- 
- 

**Change your thinking!** One way to change your thinking is to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_. You can also use \_\_\_\_\_ in some stressful situations.

List the ways to build resilience:

- 
- 
- 
- 
- 
-