**Chapter 8 Review**

*Match each definition with the correct term*

Stress perception

Stressor resiliency

Anxiety depression

1. The act of becoming aware through the senses
2. An event or situation that causes stress
3. If you are able to recover from difficulty, disappointment and crisis, you are said to have\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_is the reaction of the body and mind to everyday challenges and demands.
5. A prolonged feeling of helplessness and sadness.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the condition of feeling uneasy or worried about what may happen.

*Use complete sentences to answer the following questions*.

1. What are the 3 stages of your body’s stress response? What happens during each stage?
2. How does planning help you manage stress?
3. What does commitment to learning mean?
4. List three things you can do to build your protective factors and strengthen your resiliency.
5. How do YOU usually deal with stress? Is it healthy? If not, what are some healthy ways to cope with stress?