

Chapter 3

Managing Stress

Section 1

What Causes Stress?

Section 2

How Stress Affects
Your Body

Section 3

Stress and Individuals

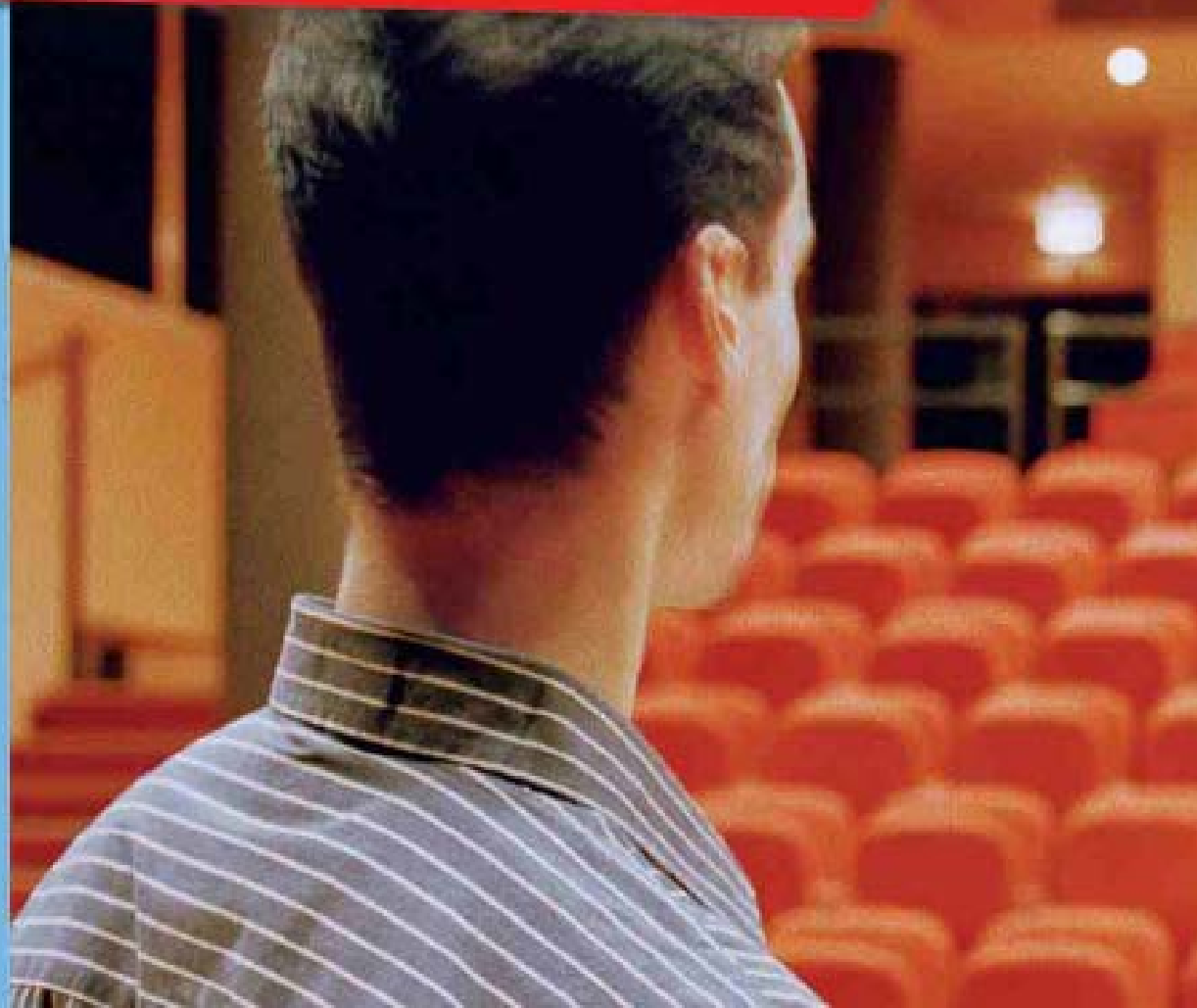
Building Health Skills

- **Practicing Healthful Behaviors** Managing Your Time

Section 4

Coping With Stress

- **Hands-On Activity** Progressive Relaxation

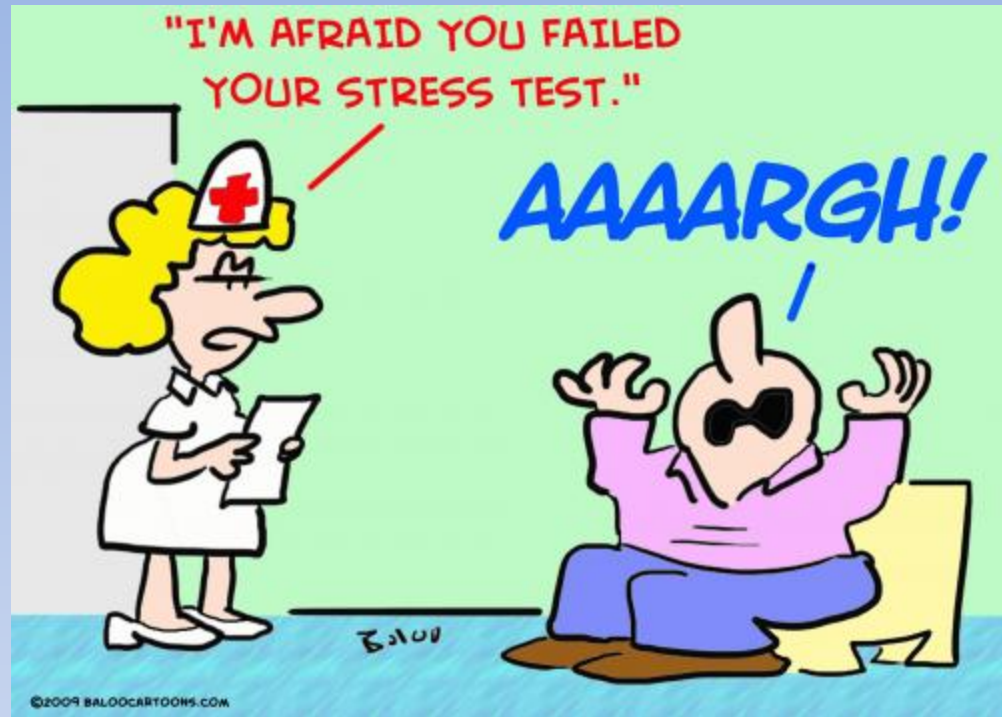


stress

The next slide is a
stress test...

The following is a picture of two dolphins jumping in the ocean.





If you don't see two dolphins,
you are stressed out!

Online Stress Tests

1. Go on Line and try any of these stress tests to see your stress levels and read about possible stress relievers/solutions.

Stress Test

- http://www.lessons4living.com/stress_test.htm

Personality Tests

- <http://www.outofservice.com/bigfive/>
- <http://kisa.ca/personality/>
- <http://www.personalitytest.net/cgi-bin/q.pl>
- <http://www.41q.com/>

Helpful Website:

- www.kidshealth.org

Self discovered websites for Stress Tests and/or Personality Tests:

2. Document what you find helpful:

Hands-On Activity

Progressive Relaxation

You can use progressive relaxation to release the tension that builds up in your muscles.

Try This

- 1 Sit quietly in a comfortable chair or lie down and close your eyes. Make sure that your arms and legs are uncrossed.
- 2 Tighten each muscle group in your body, hold for 10 seconds, and relax. Follow the order [in the bulleted lists](#).
- 3 Finally, tense all the muscles in your whole body. Hold for 10 seconds and relax.

End of
Slide

Chapter 3, Section 1

Vocabulary

- Stress
- Eustress
- Distress
- Stressor
- Catastrophe

What is Stress?

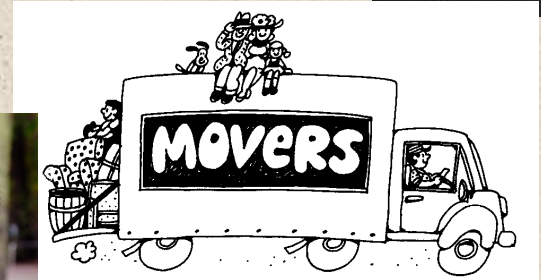
Stress is the response of your body and mind to being challenged or threatened.

- You experience stress when situations, events, or people make demands on your body and mind.
- At moderate levels, stress can actually improve your ability to concentrate and perform at your best.
- Beyond that level, however, it begins to take a negative toll on performance.

Eustress – positive stress

Distress – negative stress

Moderate levels of stress can actually improve your ability to concentrate and perform at your best.





The Many Causes of Stress

An event or situation that causes stress is called a stressor.

- **Four** general types of stressors are...

- major life changes
- Catastrophes
- everyday problems
- environmental problems

Major Life Changes

- ▶ Graduating from high school
- ▶ Experiencing death of a parent
- ▶ Going through parents' divorce
- ▶ Experiencing remarriage of parent
- ▶ Having a newborn sister or brother
- ▶ Having a serious illness
- ▶ Moving to a new school district
- ▶ Failing a grade

Can you think of any others?

-
-
-
-
-
-
-
-

Major Life Changes

- ▶ Being accepted to college
- ▶ Breaking up with boyfriend or girlfriend
- ▶ Having parent lose his or her job
- ▶ Learning you were adopted
- ▶ Not making the team
- ▶ Being elected to student government
- ▶ Being recognized for an achievement
- ▶ Leaving home for college or a job

Can you list at least 3 major life changes you've experienced in the past 5 years?

- 1.
- 2.
- 3.

Place an E next to the Eustressors and a D next to the Distressors.

Catastrophes...



A **catastrophe** is an event that threatens lives and may destroy property.

- A person who experiences a catastrophe may deal with the psychological effects for years after the event. Can you think of any catastrophes that have happened close to home in the past 5 years?

- _____
- _____

Environmental Problems

- Conditions in your immediate surroundings affect your level of stress each day.
- A major stressor that occurs all around you but is often overlooked is noise.
- Living in unsafe or crowded conditions also tends to increase feelings of stress.



Everyday Problems...

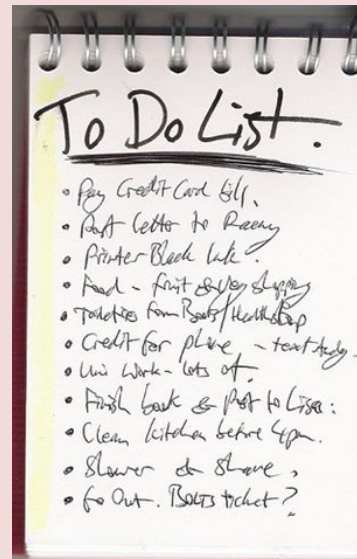


Some of the most common stressors are minor, but frequent, everyday events.

Conflict—disagreements with family members, friends, or others—is another common source of stress.



For many people, the pressure to succeed is a major source of stress.



Environmental Problems

- Conditions in your immediate surroundings affect your level of stress each day.
 - What are stressors in your immediate surroundings?
 - Home
 - School
 - Work
 - Extra Curriculars
 - Family
 - Climate

Section 1 Review

Key Ideas and Vocabulary

1. What is **stress**? Explain how stress can be both positive and negative.
2. When do people experience stress?
3. What is meant by the term **stressor**?
4. List the four general types of stressors and give an example of each type.

Critical Thinking

5. **Applying Concepts** List five stressful experiences that you have faced in the past two weeks. Next to each, note whether it was a positive or a negative experience for you.

Health and Community

Noise Pollution Does your community have any regulations related to noise? If so, do the regulations vary with time of day or location? Sources of noise that might be regulated are radios, car exhausts, power lawnmowers, and blasting for construction. Write a paragraph summarizing your findings. **WRITING**

6. **Classifying** Explain why getting your driver's license could be classified as a major life change.
7. **Comparing and Contrasting** How is a catastrophe similar to a major life change? How is it different?

Quiz 3.1

_____ 1. What is stress?

- a. the response of the body and mind to being challenged or threatened
- b. an event that threatens lives and property
- c. an everyday problem
- d. any upsetting experience

_____ 2. When stress helps you accomplish your goals, it can be called

- a. negative stress.
- b. distress.
- c. eustress.
- d. goal-related stress.

_____ 3. What is another term for negative stress?

- a. distress
- b. eustress
- c. stressor
- d. catastrophe

_____ 4. Which choice is an example of a major life change?

- a. failing a quiz
- b. losing your keys
- c. failing a grade
- d. experiencing an unusually cold winter

_____ 5. What type of stressor is a tornado?

- a. major life change
- b. catastrophe
- c. everyday problem
- d. environmental problem

True or false...

_____ 6. Stress is always negative.

_____ 7. Moderate levels of stress can increase concentration.

_____ 8. Everyday problems are too minor to cause stress.

_____ 9. Moving to a new school district is an example of an environmental stressor.

_____ 10. The more major life changes you experience, the less stress you are likely to feel.

Chapter 3, Section 2

Vocabulary

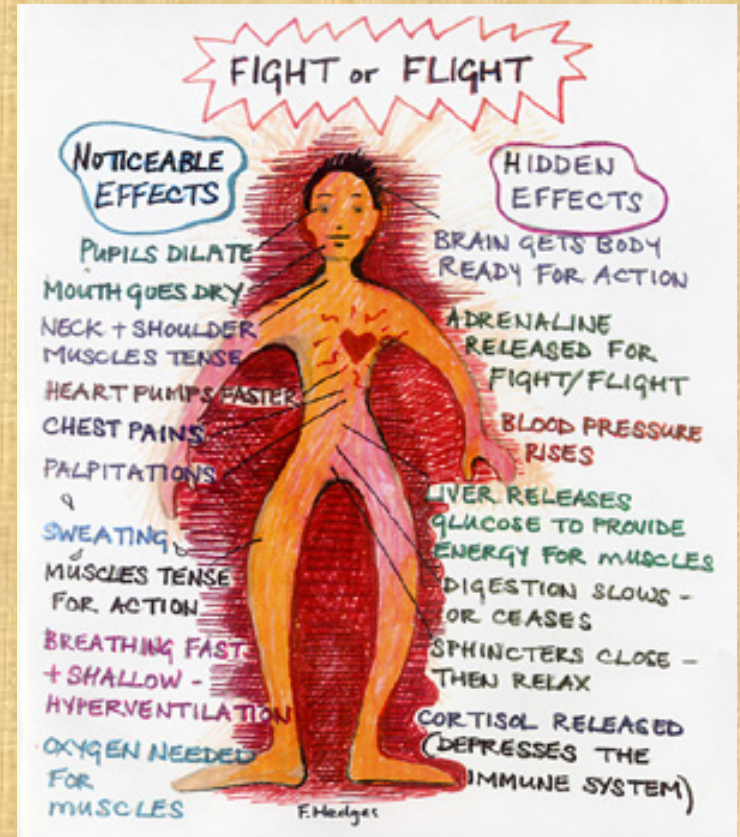
Fight or flight response



How Stress Affects the Body: 3 Stages

1. Alarm Stage

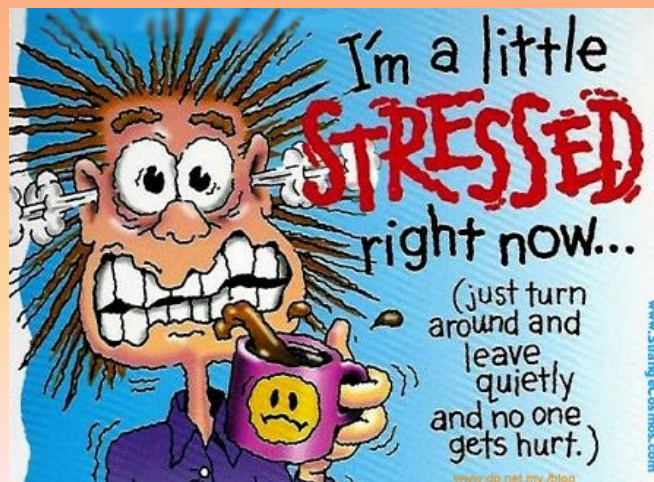
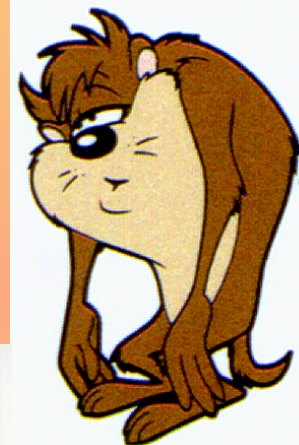
- Begin w/ homeostasis
- Stressor appears
- Adrenaline released
 - Burst of energy
 - Heart beats faster
 - Incr. flow of blood to muscles
 - Breathing quickens
 - More O₂ to muscles
 - Airway opens more – lump in throat
 - Muscles tighten
 - Less blood to skin & digestive system
 - Pupils widen
 - See better
 - More alert
 - Time seems to slow down
 - REACT...FIGHT/FLIGHT
 - Essential for survival



How Stress Affects the Body

- 2. RESISTANCE STAGE

- Stressor continues
- Body tries to recover from the alarm stage
- Body cannot restore homeostasis
- Body continues to function at higher than normal level
- Body uses up a lot of energy
- May become tired, irritable, and less able to handle any additional stress

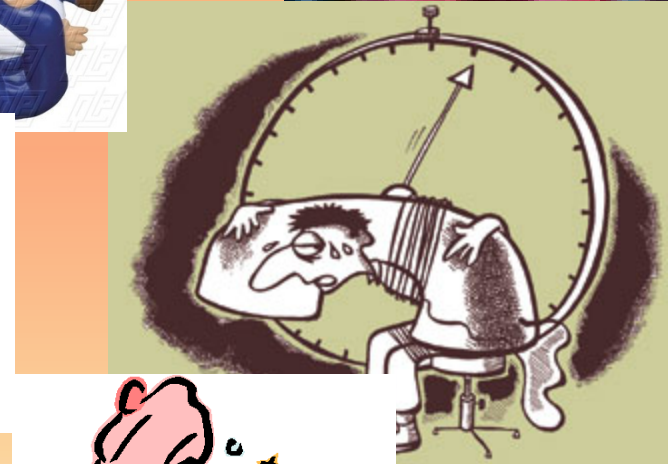
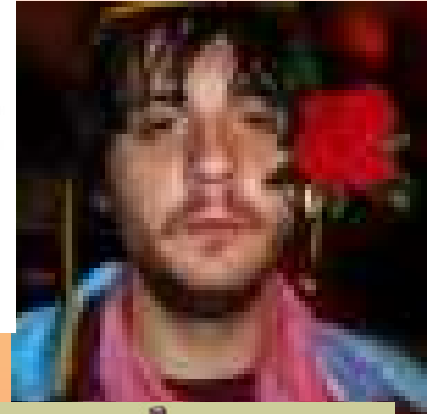




How Stress Affects the Body

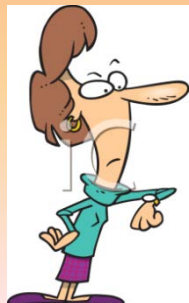
3. Exhaustion Stage

- Stressor continues
- Body is worn down
- No longer has enough energy to fight off stressor
- Body's balance remains disturbed
- Become more susceptible to illness
- Ability to make judgments and to interact w/ others is impaired
- In extreme cases, exhaustion stage can lead to unhealthy behavior, serious illness or even death
- Does not occur w/ each stress response
- Only occurs when stressor continues for a long time
 - Stress beyond their control – divorce, death of a loved one, another serious family problem



Recognizing Warning Signs of Stress

The warning signs of stress include changes in how your body functions and changes in **emotions, thoughts** and **behaviors...**



- Physical

-

- Emotional

-

- Behavioral

-

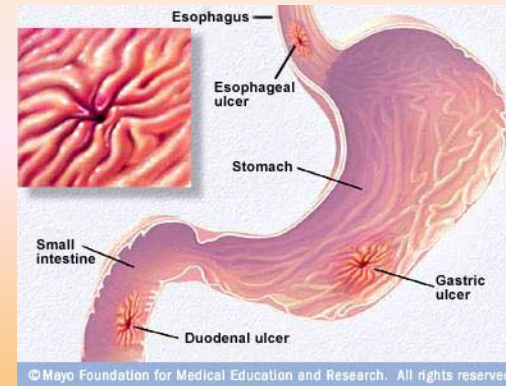


Stress can trigger certain illnesses, reduce the body's ability to fight an illness, and make some diseases harder to control...

Stress and Illness

Stomach Aches

- Stomach, small intestine, or large intestine
- Stress disrupts the movements of food through the digestive system; moves too quickly/too slowly
- Gas, cramps, diarrhea, constipation
- Increases acid production
 - Used to be ulcers were caused by incr. acid production – no...bacteria; kill bacteria = ulcer cure...
 - However, excess acid incr. likelihood of ulcers to form

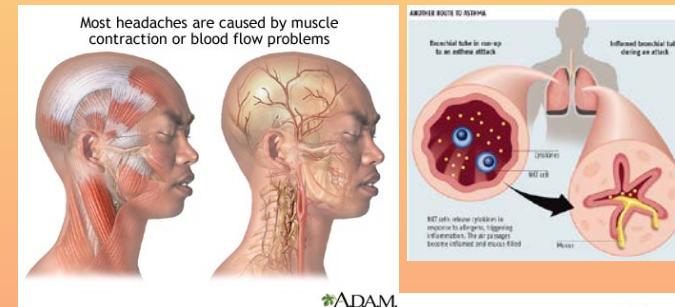


Asthma

- Stress can trigger attack

Headache

- Tension = pounding sensation
- Migraines
 - Blood vessels in brain and scalp narrow; limits oxygen to brain; vessels have to stretch = PAIN!!
 - Besides stress, certain foods (chocolate, caffeine) can trigger



Lowered Resistance to Disease

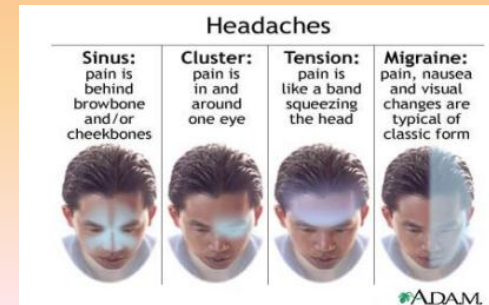
- During alarm state, some parts of your immune system may function better than usual...prolonged stress can prevent immune system from functioning well

Heart Disease

- Later in life
- Stress wreaks havoc on cardiovascular system
- Heart beats faster
- Blood vessels constrict
- BP rises – Silent Killer
- Heart must work harder to keep blood flowing properly

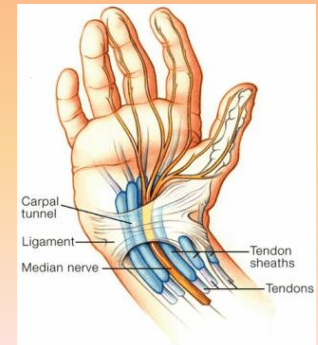
	Normal	Prehypertension	High
SYSTOLIC	<120 mm Hg	120-139 mm Hg	140 + mm Hg
DIASTOLIC	<80 mm Hg	80-89 mm Hg	90 + mm Hg

VALUES FOR
NORMAL BLOOD PRESSURE, PREHYPERTENSION
AND HIGH BLOOD PRESSURE



Stress and Injuries

Loss of concentration
causes increase in
mishaps that lead to
injuries



Imagery Exercise



<https://www.youtube.com/watch?v=i50ZAs7v9es>

3.2 quiz

Write the letter of the correct answer in the space provided.

- a. alarm stage**
- b. overeating**
- c. ulcer**
- d. asthma**
- e. heart rate**
- f. resistance stage**

_____ 1. first stage of stress

_____ 2. increases when adrenaline is released

_____ 3. second stage of stress

_____ 4. behavioral warning sign of stress

_____ 5. respiratory illness triggered by stress

True or false

_____ 6. The fight-or-flight response occurs during the resistance stage of stress.

_____ 7. The exhaustion stage occurs with every stress response.

_____ 8. Stress can cause problems with concentration.

_____ 9. Some headaches are triggered by stress.

_____ 10. Prolonged stress weakens the digestive system.

Chapter 3, Section 3

Vocabulary

- Optimism
- Pessimism
- Perfectionist
- Resilience

What's stressing you?

Teen Stress Triggers

- changing schools
- going on a first date
- high expectations placed upon them by
 - parents and teachers
 - competing in sports
 - participating in extracurricular activities
- having a job
- being over-scheduled
- not fitting in socially
- being ahead or behind in physical development
- throwing a party
- family dysfunction such as abuse or alcoholism in the home
- winning a scholarship to the college of their dreams

Signs of Stress

Anxious
Mind Racing
Chest Palpitations
Problems Concentrating
Anxiety
Easily Irritated
Avoiding People or Responsibilities
Focusing on Negative Thoughts
Anger Issues
Headaches
Digestive Problems
Muscle Tension and Pain
Sleep Issues
Fatigue
High Blood Pressure
Weight Loss or Gain
Skin Problems – breakouts, rashes, hives
Hair Loss
Nervous Behaviors - nail biting, pacing, teeth grinding



Stress and Personality

Just as your personality is unique, so too is the way you react to potentially stressful situations.

- Type A

- Rushed
- Competitive
- Try to accomplish as much as they can in the shortest time possible
- Extreme desire to succeed
- Have high standards for themselves
- Can become irritable and angry if they do not meet own expectations

Type B

- Calmer
- Less competitive
- Not too concerned w/ accomplishments
- Less likely to feel stressed if they do not meet high expectations
- Have difficulty facing challenges
- Cope w/ stressors by ignoring them
 - May miss opportunities to learn and achieve
- Can become bored and unchallenged

[Type A, B, C, D Personality](http://stress.about.com/od/understandingstress/a/type_a_person.htm)

[Photo personality test](#)

http://stress.about.com/od/understandingstress/a/type_a_person.htm

Optimism



Pessimism



- **The tendency to focus on the positive aspects of a situation...people who are optimistic...**
 - explain positive events as having happened because of them .
 - see events as evidence that more positive things will happen in the future, and in other areas of their lives.
 - see negative events as not being their fault .
 - see negative events as being flukes (isolated) that have nothing to do with other areas of their lives or future events .
 - if an optimist gets a promotion, s/he will likely believe it's because she's good at the job and will receive more benefits and promotion in the future.
 - If passed over for the promotion, it's likely because s/he was having an off-month because of extenuating circumstances, but will do better in the future.
- **The tendency to focus on the negative and expect the worst...people who are pessimistic...**
 - believe that negative events are caused by them.
 - believe that one mistake means that more will come and mistakes in other areas of life are inevitable , because they are the cause.
 - see positive events as flukes that are caused by things outside their control and probably won't happen again.
 - A pessimist would see a promotion as a lucky event that probably won't happen again, and may even worry that s/he'll now be under more scrutiny.
 - Being passed over for promotion would probably be explained as not being skilled enough. S/he'd therefore expect to be passed over again.



WHAT THIS MEANS



Understandably, if you're an optimist, this bodes well for your future. Negative events are more likely to **roll off of your back**, but positive events affirm your **belief in yourself**, your ability to make good things happen now and in the future, and in the goodness of life.

Optimism is measured by your explanatory style, or how you define events. If you can learn to define positive events as being

- a) because of something **you did**,
- b) a sign of more **good things to come** and
- c) evidence that good things **will happen** in other areas of your life,

you're halfway there. If you can also think of negative events as

- a) not your **fault**, and
- b) isolated occurrences that have **no bearing** on future events or other areas of your life, you're the rest of the way there!

- Fortunately for pessimists and realists, these patterns of thinking can be **learned** to a degree (though we tend to be mostly predisposed to our patterns of thinking.)
- Using a practice called '**cognitive restructuring**,' you can help yourself and others become more optimistic by consciously challenging negative, self-limiting thinking and replacing it with more optimistic thought patterns.



HOW CAN I BECOME MORE OPTIMISTIC?



- When something positive happens in your life, stop to analyze your thought process...
 - Are you giving yourself due credit for making it happen?
 - Think of all the strengths you possess and ways you contributed, both directly and indirectly, to make this event occur.
 - For example, if you aced a test, don't just think of how great it is that you were prepared, but also think of how your intelligence and dedication played a role.
- Think of other areas of your life that could be affected by this good event.
- Also, think of how the strengths you possess that caused this good thing to happen can also cause other positive events in your life.
 - For example, what other good things can come from your intelligence, dedication, and ability to effectively prepare for tasks?
- Imagine what future possibilities could be in store.
- You hold the key to your success.
- When negative events occur, think of the extenuating circumstances that could have contributed to this happening.
 - If you do poorly on an exam, for example, were you especially busy in the preceding week? Were you somewhat sleep deprived? What outside circumstances contributed to your failure?
- Keep in mind that this isn't necessarily a reflection of personal weakness.
- Also remember that you'll have endless opportunities to do better in the future.
- Think of your next potential success, or other areas where you can excel.

PICK A POSITIVE EVENT IN YOUR LIFE AND APPLY THE SKILL...

- Name of event? _____
- Are you giving yourself due credit for making it happen?
 - Yes/no; why?

- Think of all the strengths you possess and ways you contributed, both directly and indirectly, to make this event occur.
 - Strengths:

 - Direct (from you) Contributions:

 - Indirect (not from you) Contributions:

- List other areas of your life that could be affected by this good event:

- How can the strengths you possess that caused this good thing to happen can also cause other positive events in your life:



The  to  is to maximize your successes and minimize your failures.

- It's beneficial to look **honestly** at your shortcomings so you can work on them, but focusing on your **strengths** can never hurt.
- Keep in mind that the more you practice **challenging** your thought patterns, the more **automatic** it'll become. Don't expect major changes in thinking right away, but do expect them to become **ingrained** over time.
- Always remember that virtually any failure can be a learning experience, and an important step toward your next success!
- Practice [positive affirmations](#). They really work!
- Look at your Intentions
- Create Statements
 - State what you want, not what you don't want
- Be Sure They Are Positive
- Make Them Realistic
- Repetition
- Do-it-Yourself Recording
- On Post-Its

Affirmations

- CHALLENGES HELP ME GROW
- I CAN SEE STRESSFUL SITUATIONS AS CHALLENGES
- CHALLENGES BRING OPPORTUNITIES
- I CAN CHOOSE A POSITIVE FRAME OF MIND
- I CAN HANDLE WHATEVER COMES
- TODAY HAS LIMITLESS POSSIBILITIES
- I CAN FIND BALANCE IN MY LIFE
- I CAN FIND LOVE AND SUPPORT
- I CAN ACCOMPLISH ANYTHING
- I CAN HANDLE WHATEVER COMES
- I CAN START HEALTHY HABITS
- EACH MOMENT BRINGS CHOICE
- I CAN STAY CALM UNDER PRESSURE
- I CHOOSE HAPPINESS
- I CHOOSE HEALTHY RELATIONSHIPS
- I CAN FIND MY HAPPY PLACE
- I CAN CREATE INNER PEACE
- MY INTENTION IS FOR PEACE
- I AM STRONG
- PEACE IS POWER
- THIS TOO SHALL PASS
- MY INTENTIONS CREATE MY REALITY
- STRESS IS LEAVING MY BODY
- TODAY I CHOOSE JOY
- I CAN MAKE HEALTHY CHOICES
- I AM DOING MY BEST
- I BREATHE IN PEACE
- TODAY MY INTENTION IS FOR PEACE
- I AM IN CHARGE OF MY LIFE
- I HAVE MANY OPTIONS
- I CAN CREATE POSITIVE CHANGE
- I AM WISE
- MY HAPPINESS COMES FROM WITHIN



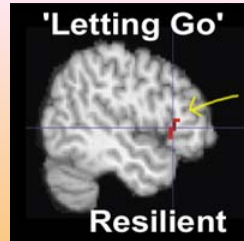
Perfectionism

- Perfectionist
 - Person who accepts nothing less than excellence of him/herself
 - Spend a lot time and energy into doing things right
 - Never satisfied with what they have accomplished
 - Vicious cycle
 - Suffer from high levels of stress
 - Not easy to break the cycle
- How to break the cycle:
 - Accept that you cannot be perfect
 - Take pride in the things you do well
 - Allow mistakes to be learning opportunities



Resilience

the ability to recover, or “bounce back” from extreme or prolonged stress



Resilience
The Courage to Come Back

- People who experience a great deal of stress, but don't become ill
- Remarkable resistance to stress
- View stressful events as challenges or opportunities rather than as threats
- Are deeply involved in and committed to whatever they are doing
- Have a sense of control over what they are doing
 - Having a sense of control is perhaps of greatest importance
- Feel that they can influence the outcome of the stressful event
- They know their strengths and have confidence in their abilities
- They make realistic plans and take the steps to carry out those plans
- They have good communication and problem-solving skills
- They are able to recognize their feelings and control their reactions/behaviors
- They recognize that change is a normal part of life. They are able to put life changes in perspective.

3-3 Quiz

- _____ 1. ability to bounce back from stress
- _____ 2. key factor in resilience
- _____ 3. tendency to focus on the positive
- _____ 4. someone who accepts nothing less than excellence
- _____ 5. tendency to focus on the negative

- a. optimism**
- b. perfectionist**
- c. resilience**
- d. pride**
- e. pessimism**
- f. support of others**

_____ **6. Which statement about how people respond to a given stressor is most accurate?**

- a. Everybody responds exactly the same way.
- b. How they respond depends on how they assess the stressor.
- c. How they respond depends only on the type of stressor.
- d. How they respond depends only on their past experiences.

_____ **7. Which statement would an optimist be most likely to say?**

- a. I know I won't do well on the test.
- b. I think the test will be really hard.
- c. I think I will do well on the test.
- d. I know I will fail the test.

_____ **8. What do perfectionists tend to do?**

- a. set goals that are easy to attain
- b. feel satisfied with their accomplishments
- c. focus on their mistakes
- d. accept that they cannot be perfect

_____ **9. Which trait helps people tolerate high levels of stress?**

- a. pessimism
- b. resilience
- c. perfectionism
- d. impatience

_____ **10. What characteristic do people with resilience share?**

- a. lack of confidence
- b. poor problem-solving skills
- c. fear of change
- d. ability to recognize and control their feelings

Chapter 3, Section 4

Vocabulary

- Mental Rehearsal
- Biofeedback

<https://app.discoveryeducation.com/player/video/assetGuid/51BF3F3D-FC03-4A1B-9527-FB436F2CEDDC>

<https://app.discoveryeducation.com/player/video/assetGuid/1CAB22F2-E9F5-4C50-9E58-7A073E056224>



Coping with Stress

<http://www.youtube.com/watch?v=CfqKDSinees&feature=related>

<http://www.youtube.com/watch?v=fcv1XlkhJQU&feature=related>

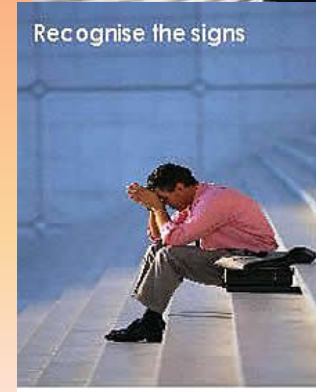
<http://www.youtube.com/watch?v=l1wLDHkWKMU&feature=related>

- Everything you do to maintain your health is a way to manage stress.
- Distinguish between stressors that you can control and those you cannot.
- Direct your energy toward those things that are within your power to change

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

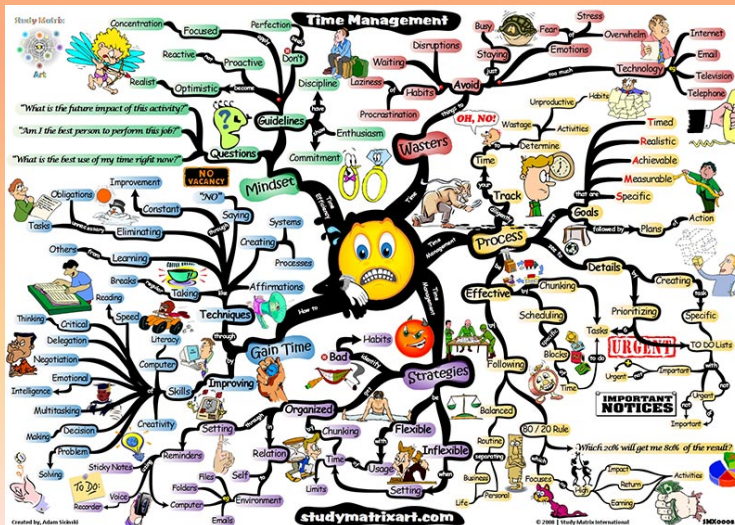
--Reinhold Niebuhr

http://stress.lovetoknow.com/Top_Ten_Relaxation_Techniques_Children



Time Management

- Poor time management is one of the biggest contributors to stress
- USE YOUR PLANNERS EFFECTIVELY!!!



	Urgent	Not Urgent
Important	I <ul style="list-style-type: none"> - Crisis - Pressing Issues - Deadlines - Meetings 	II <ul style="list-style-type: none"> - Preparation - Planning - Prevention - Relationship building - Personal Development
Not Important	III <ul style="list-style-type: none"> - Interruptions - Some mail - Many popular activities 	IV <ul style="list-style-type: none"> - Trivia - Some phone calls - Excessive TV/Games - Time wasters

TIME MANAGEMENT PRINCIPLES

As a student, there are some basic Principles of Time Management that you can apply:

1. Identify "Best Time" for Studying: Everyone has high and low periods of attention and concentration. Are you a "morning person" or a "night person". Use your power times to study; use the down times for routines such as chores.
2. Study Difficult Subjects First: When you are fresh, you can process information more quickly and save time as a result.
3. Use Distributed Learning and Practice: Study in shorter time blocks with short breaks between. This keeps you from getting fatigued and "wasting time." This type of studying is efficient because while you are taking a break, the brain is still processing the information.
4. Make Sure the Surroundings are Conducive to Studying:
 - Avoid Time Wasters (facebook, myspace, email, texting, etc.)
 - This will allow you to reduce distractions which can "waste time."
 - If there are times at home when you know there will be noise and commotion, use that time for mindless tasks.



Mental Rehearsal

- Practice an entire event in your mind
- Imagine performing at your best
- Rehearse every aspect of the event a few times over until you feel confident that you can perform it as you imagined it
- Helps to stay focused on performance

Physical Activity



- You provide your body with a healthy outlet for built-up energy.
- You take your mind off your problems and give yourself a chance to relax
- Don't have to be competitive
- Select activities you enjoy
- Incorporate into daily activities



Relaxation

- Read a book you enjoy
- Take a nap
- Listen to music
- Daydream
- Take a hot shower or bath
- Get a massage
- Stretch
- Deep breathing
- Progressive relaxation
- Imagery
- Meditation
- Visualization
- Self-Hypnosis
- Others?



Biofeedback

- special method of stress relief where a person learns to **control** a specific physical **function** by **recognizing** his/her body's **signals**.
- Special equipment is used that tells the person what is happening in the body
- A trained health professional usually teaches this method



Humor

- Have you ever laughed at yourself when you did something that wasn't really funny...slipping on the ice, saying something embarrassing...if so, laughing helped you relieve some stress associated with the situation
- Used in moderation, humor can be effective
- However, keep things in proper perspective...what's this mean?

Getting Help When You Need It

- Stress management is important, but sometimes you may need help
- If you become overwhelmed get the help you need...where?

<https://app.discoveryeducation.com/player/view/assetGuid/6F8EA4E2-FF0A-438B-9010-712C050AC047>

Helpful Contacts in Gaylord

John P. Jones, PhD
Psychologist
651 N Otsego Ave
(989) 732-6488
Open until 7:00 PM

Old Town Psychology Services
Psychologist
128 N Court Ave
(989) 448-8344

Kurt M. Wheeler, LPC
Psychologist
651 North Otsego Avenue,
Gaylord, MI 49735
(989) 732-4550

Great Northern Counseling
Counselor
814 S Otsego Ave e
(989) 930-4610 ext. 1

Dr. Rachel Ward, MD
Psychiatrist
829 N Center Ave #140
(989) 731-6758

Kathryn
Holmes Counseling
Counselor
114 N Court Ave
(989) 370-0564

Larry Porta Counseling
Counselor
440 W Main St
(989) 448-2640

Michigan Rehabilitation
Services
Physical Therapy Clinic
1165 Elkview Dr # 4
(989) 732-6433

Reppuhn & Associates
Family Counselor
651 N Otsego Ave
(989) 732-9890

North Country Community
Mental Health
Mental Health Service
800 Livingston Blvd
(989) 732-6292

Northern Family Intervention
Mental Health Service
407 W Main St
(989) 732-6448

Otsego Memorial Hospital
Hospital
701 N Otsego Ave
(989) 731-7760

Dr. Robert L. Townsend, DO
Drug Addiction Treatment
Center
114 S Center Ave #103
(989) 339-4464



3-4 Quiz

Decide whether each statement is true or false. Write true or false in the space provided.

- _____ 1. Mental rehearsal helps you learn to use your time more efficiently.
- _____ 2. You have to be an athlete to use physical activity to reduce tension.
- _____ 3. Biofeedback may be able to help people with asthma.
- _____ 4. Humor is an effective way to deal with stress.
- _____ 5. Resilient people never experience stress.

Write the letter of the correct answer in the space provided.

_____ 6. **What technique reduces stress by helping you get more done each day?**

- a. mental performance
- b. biofeedback
- c. time management
- d. relaxation

_____ 7. **What is the purpose of mental rehearsal?**

- a. It replaces the need to actually practice an activity.
- b. It helps you feel confident you can perform an event.
- c. It increases your ability to do mental activities.
- d. It increases your stress level so you will try harder.

_____ 8. **Why is physical activity a good way to reduce tension?**

- a. It helps take your mind off your problems.
- b. It tightens and strengthens your muscles.
- c. It makes you so tired you can't think about your problems.
- d. It helps you identify thoughts that cause tension.

_____ 9. **Which choice is an example of positive thinking?**

- a. I know I can't do this.
- b. I've done things like this before.
- c. Everyone will think I'm stupid.
- d. I'm not as good at this as the others.

_____ 10. **What is one way to build resilience?**

- a. Avoid acting on decisions.
- b. Be critical of yourself.
- c. Confide in yourself.
- d. Don't waste time on other people's problems.



Enjoy the Ride