Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



1. Watch the video on stress. List 5 “*stressors”* the teens mention in the video and list 3 ways they cope/deal with stress ***(8 Marks)***

***Stressors:***

***Ways to Cope:***

1. List your top 3 stressors and 2 ways that you cope/deal with stress. ***(5 Marks)***

***Your stressor*:**

***Ways you cope:***

1. Define stress. ***(2 Marks)***
2. Define stressor. (***2 Marks)***
3. Explain in detail how the human body responds to stress. ***(10 Marks)***



1. Explain why the “*stress response*” of fight or flight is critical in emergencies and also in a pressure situation. ***(3 Marks)***
2. Explain in detail how the body copes with long-term stress. ***(5 Marks)***
3. Define post-traumatic stress disorder. ***(2 Marks)***
4. List 5 signs of stress overload. ***(5 Marks)***
5. List 7 things you can do to keep stress under control. ***(7 Marks)***
6. List 7 ways you can build your resilience to stressful situations. ***(7 Marks)***

