

Note Taking

Chapter 4 Managing Stress and Coping with Loss

Lesson 1 Understanding Stress

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson carefully, write a sentence describing how stress affects a person’s health. After you have finished reading, use what you have learned to rewrite your sentence.

Before Reading	After Reading

New and Academic Vocabulary

stress

perception

anticipate

stressor

psychosomatic response

Write the correct vocabulary term under each definition.

1. anything that causes stress

2. the act of becoming aware through the senses

3. the reaction of the body and mind to everyday challenges and demands

4. a physical reaction that results from stress rather than an injury or illness

5. to expect

What Is Stress?

I found this information on page(s) _____.

Explain how perception is related to stress.

List two ways stress can affect you.

Causes of Stress

I found this information on page(s) _____.

Identify five stressors that teens tend to experience.

- 1.
- 2.
- 3.
- 4.
- 5.

Your Body's Response to Stressors

I found this information on page(s) _____.

Name two systems that are active during your body's response to stress.

Response to Stressors	
1.	
2.	

Identify the three stages your body goes through in response to stress. **Describe** the effect each stage has on your body.

Stage	Effect

Stress and Your Health

I found this information on page(s) _____.

List five effects of prolonged stress on your health.

- 1.
- 2.
- 3.
- 4.
- 5.

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Lesson 2 Managing Stress

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, write a sentence or two about how you deal with stress in your life. After you have read the chapter carefully, use what you have learned to write a new sentence about how you can handle the stress in your life.

Before Reading	After Reading

New and Academic Vocabulary

chronic stress

relaxation response

technique

Write a vocabulary word to answer each question.

1. Which can be reached by practicing relaxation techniques such as taking a hot bath or stretching?

2. Which is associated with long-term problems that are beyond a person's control?

3. Which term means a method of accomplishing a desired aim?

When Stress Becomes a Problem

I found this information on page(s) _____.

Identify the first step in dealing with stress.

Stress Management Techniques

I found this information on page(s) _____.

Identify four strategies that can help you avoid and limit stress.

- 1.
- 2.
- 3.
- 4.

Describe some tips for handling stress and reducing its effects.

Tip	Examples

Staying Healthy and Building Resistance

I found this information on page(s) _____.

Describe three self-maintenance habits that play a role in helping you prevent stress, reduce stress, and physically and mentally recover from stress.

Self-Maintenance Habit	Effect on Your Body

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Lesson 3 Coping with Loss and Grief

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Food for Thought As you read this lesson, think about the last time you helped a friend or family member through a grieving process. What strategies did you use to comfort this person? After reading the lesson, write a sentence or two about how you can show empathy and help a friend or family member cope with loss and grieving.

New and Academic Vocabulary

Unscramble each vocabulary term. Then **write** the definition of each term.

stages of grief

ctirtaau m tenve

closure

ecrluos

coping

mourning

traumatic event

ssetga fo fgeir

gmnoirnr

gcnoip

Acknowledging Loss

I found this information on page(s) _____.

Explain why it is important to acknowledge and understand your grief.

Expressing Grief

I found this information on page(s) _____.

Explain why the grieving process is healthy and necessary.

List the eight stages of grief.

Stages of Grief	

Coping with Death

I found this information on page(s) _____.

Describe a positive way to cope with death.

Explain why it is important to show empathy to people who are grieving.

List three ways you can show support to someone who is grieving.

- 1.
- 2.
- 3.

Coping with Traumatic Events

I found this information on page(s) _____.

Name some ways a person can cope with a traumatic event.
