

An example of Daily events : Being late, and losing keys. As stated, Daily hassles create more overall stress because they occur frequently vs Major events.

V. Identify and explain the body's response to stress. Note: All stressors trigger the _____ quick _____ physiological stress response; however, _____ intensity _____ will vary.

Stage 1: The Alarm Stage

Stage 2: The Resistance Stage

Stage 3: The Exhaustion Stage

VII. What are some active steps you can take to reduce stress?

Some steps to reduce stress are tracking/ journaling when you feel stressed, noting what happened at the time/ cause, noting how long the emotional and physical effects of stress lasted, and pinpointing anything you may have done to alleviate the feeling. Also PS4 Listen to your body and the clues it gives you.

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