

Fitness for Life
Chapter 17 – Chapter review

- To help reduce stress, contract and then relax your muscles.
- Excessive exercise, such as that done by athletes who over-train, is a physical stress stressor.
- The alarm reaction is your body's way of preparing you to deal with a demanding situation.
- Worry and fear are examples of emotional stressors.
- Stress can affect the immune system, making a person more susceptible to certain diseases.
- Getting enough sleep every night can help prevent fatigue and help you deal effectively with stress.

Next to each number, write the letter of the best answer.

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|--------------|----------|--|
| 7. stress | <u>c</u> | a positive stress |
| 8. eustress | <u>a</u> | b negative stress |
| 9. stressor | <u>d</u> | c the body's reaction to a stressful situation |
| 10. distress | <u>b</u> | d causes or contributes to stress |

11. Describe some negative effects of competitive stress and explain how to deal with such stress in a positive manner.

Interfere w/ performance, worry about not doing well, neck roll, find a quiet place to rest, breathe slowly

12. Describe some ways of thinking that can help you deal with stress? Think positively, remember people make mistakes, what's done is done, & can fix do better

13. How can physical activity help you deal effectively with stress? It takes you mind off it for a while time. next time, Think about a nice landscape.

14. How can an activity cause both eustress and distress? An activity can help you be successful or worry.

15. Name five sources of guidance and support for those who need help dealing with a stressful situation.

Hans Selye, Parents, friends, family members, school counselors, school nurses, ~~school~~ physicians & doctors.