

STRESS

Read each question below carefully. Then, identify the letter of the BEST response. Place the letter on the line provided.

1. Which one is the **BEST** definition of **STRESS**? _____

- a. Stress is a demand you make when you need something.
- b. Stress is what you feel when your mother keeps calling you.
- c. Stress can be negative or positive depending on the day.
- d. Stress is any demand or pressure that is placed on a person.

2. Where does **stress** come from? _____

- a. your environment
- b. your body
- c. your thoughts
- d. all of the above

3. What is another term for **Negative Stress**? _____

- a. Positive Stress
- b. Pressure Stress
- c. Corrected Stress
- d. Chronic Stress

4. What is another term for **Positive Stress**? _____

- a. Pressure Stress
- b. Distress Stress
- c. Extra Stress
- d. Eustress Stress

5. How does stress **impact** students? _____

- a. They get headaches.
- b. They automatically do their work over to improve their grade.
- c. They may grow and mature.
- d. ALL of the above.

I learned so much about stress today.

So did I.

