Mental Health Lesson 3 Interactive Worksheet

Directions: Fill in the blanks with the appropriate words to complete the sentences about terms and concepts from the mental health lesson #3.

Word Bank: anxiety, stress, major depression, eustress, reactive depression, exhaustion stage, distress, depression, stressor, resistance stage, fight-or-flight response, catastrophe, physical stressor, alarm stage,

1. The body's response to change is considered a _____.
2. Another name for positive stress is _____.
3. Another name for negative stress is _____.
4. Anything that causes stress is a _____.
5. Pollution, excessive noise, injury and drug use is _____.
6. Something that threatens lives or destroys property is _____.
7. The process in which the body prepares to deal with a stressor is _____.
8. The condition of feeling uneasy or worried about what may happen is _____.
9. _____ is a prolonged feeling of dejection or despondency.
10. The response to a stressful event_____.
11. A medical condition requiring treatment from depression that lasts for a long period of time is _____.
12. During the _____ this your body releases adrenaline into your blood.
13. During the _____ your body adapts to the current presence of the stressor.
14. During the _____ your body cannot handle the stress placed on it.

LIVEWORKSHEETS