

GR11/12 STRESS ASSIGNMENT

1. Watch the video on stress. List 5 “stressors” the teens mention in the video and list 3 ways they cope/deal with stress. 8mks
2. List your top 3 stressors and 2 ways you cope/deal with stress. 5mks
3. Define stress. 2mks
4. Define Stressors. 2mks
5. Explain in detail how the human body responds to stress. 10mks

6. Explain why the “stress response” or fight or flight response is critical in emergencies and also in a pressure situation. 3mks

7. Explain in detail how the body copes with long-term stress. 5mks

8. Define post-traumatic stress disorder. 2mks

9. List 5 signs of stress overload. 5mks

10. List 7 things you can do to keep stress under control. 7mks

11. List 7 ways you can build your resilience to stressful situations. 7mks