**CH. 4 STUDY GUIDE – STRESS**

* KNOW THE FOLLOWING TERMS: Grieve, Stress, Biological Stressor, Resiliency, Asset, & Suicide.
* Physical responses to stress includes: faster breathing, tense muscles, & widening pupils.
* Feeling frightened is a response to distress.
* Prolonged stress makes you more susceptible to colds, causes headaches, & contributes to heart disease.
* Environmental, biological, and mental challenges are all types of stressors, as well as behavioral and life changing events.
* Long term stress can make you sick.
* Relaxation techniques relieve tension, reserve energy for fighting illness, & help keep you focused.
* Stages of GRIEF: Denial, Anger, Bargaining, Depression, Acceptance.
* During the acceptance stage, you begin to learn how to live with a loss.
* Time Management is a useful technique to minimize the effects of stress.
* A funeral is a service where the body of the deceased person is present; the body is buried/cremated after the service; friends are able to pay tribute to the loved one.
* Blaming yourself does NOT help you cope with a loss.
* Warning signs of suicide include: feeling hopeless, withdrawing from family, & taking more risks.
* Always tell a trusted adult if someone is talking, or joking, about suicide. Always take it seriously.
* Teens are especially susceptible to feeling emotional and impulsive behaviors.
* Suicide is the 3rd leading cause of death for people age 15-24.
* Teens can be stopped from attempting to commit suicide.