

Section 3-2 *Note Taking Guide*

How Stress Affects Your Body (pp. 60–64)

Stages of Stress

1. Fill in the sequence about the three stages of stress response. Use the phrases from the box below.

heart beats faster	muscles tense
breathing speeds up	emotional exhaustion
become tired	become irritable

Alarm Stage

a. *adrenaline release* _____

b. _____

c. _____

d. _____



Resistance Stage

e. *body adapts to stressor* _____

f. _____

g. _____



Exhaustion Stage

h. *physical exhaustion* _____

i. _____

Section 3-2: Note Taking Guide *(continued)*

Recognizing Signs of Stress

Classify each of the warning signs of stress listed in the box below.

sleep problems	negative thinking	increased sweating	nervous
unable to concentrate	muscle tension	irritable	overeating

2. Physical changes

a. _____ b. _____

3. Emotional changes

a. _____ b. _____

4. Changes in thinking

a. _____ b. _____

5. Behavioral changes

a. _____ b. _____

Stress and Illness

6. Complete the graphic organizer by listing some ways that stress can affect health.

