New Life Behavior – Course III

RESPONSE SHEET

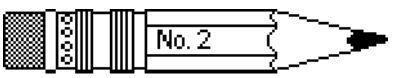
Unit 10 – Lesson 1

Your Name: Date:

Your Address:

Dear Student,

We have found that thoughtful *written* responses greatly enhance the student's understanding of this course material. Therefore, we urge you to use this Response Sheet as an aid in the study of this lesson. **When you are finished, please return this sheet to us in the enclosed envelope. Thanks!**



Use what you have!

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BEFORE YOU START

Before you start this lesson, please write three or four sentences in the box below on what you think stress is and what causes it. **Then, put this sheet out of sight until you finish the lesson.**

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AFTER YOUR STUDY

Now that you have studied this lesson, please answer the following questions. (If you have trouble with any of the questions, please reread the lesson.)

1. Stress is extremely .
2. Stress is the_____wear and tear on your body as you respond to the , , and _____ in your life.
3. All stress is a combination of the and our toward the situation.
4. Stress is not always . It can be_____ .
5. One of the principles for managing stress is, “Don't sweat the .”
6. When the earthly is contrasted with the eternal, that which is earthly becomes .
7. The third principle for managing stress is, “If you can't fight it and you can't flee, then _____above it.”
8. Value (whether it is good or bad) is attached to stress by our about the stressor.
9. In the Holmes-Rahe Life Stress Inventory, the death of a spouse has a mean value of .
10. God promises us to care for our needs, but He also promises that evil and ungodly men will persecute His .

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REFLECTION

Now that you have finished this lesson, please write a few sentences in the box below that that tell what you have learned about stress. **Don't forget to mail in this Response Sheet.**