New Life Behavior – Course III

RESPONSE SHEET

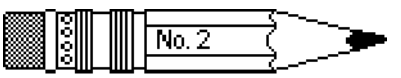
Unit 10 – Lesson 2

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!

- - - - - -

- - - - - - -

- -

BEFORE YOU START

Before you start this lesson, please write three or four sentences in the box below that describe how you think stress effects us. **Then, put this sheet out of sight until you finish the lesson.**

- - - - - - -

- - - - - -

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. Socrates stated, “There is no_____ of the body apart from the _____”.
2. Heart disease is responsible for almost _____ of the top ten causes of death today.
3. _____ is the second largest killer in modern America.
4. Stress can cause us to become depressed, have_____ , , panic attacks, and other emotional illness.
5. Time stress is the anxiety reaction to the idea or feeling that we must do something with a .
6. Situational stress is the fear of being in a situation that is and beyond our control.
7. Mental factors are those aspects of the workplace, either abstract or concrete, that affect our , , and creativity.
8. When we allow the stress of the job to overwhelm us, we can become physically sick. Some of these illnesses are _____pain, _____ _____, insomnia, respiratory illnesses,_____ , and high blood .
9. _____ is usually frustration expressed in a hostile, violent outburst.
10. is when we think that one escape from stress is to make sure that we do everything right.

- - - - - -

- - - - - - -

- -

REFLECTION

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