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82 CHAPTER 4 Managing Stress and Coping with Loss Long-Term Stress Can Make You Sick If your body experiences stress continuously over a long period of time, you increase your risk for a wide range of stress-related diseases. For example, stress causes the muscles in your neck and head to tense, which can cause headaches. Long-term stress can cause changes

CCHAPTER 4CHAPTER 4 Managing Stress and Coping with Loss

Chapter 4 Managing Stress and Coping With Loss What is Stress? Def: The body's and mind's response to a demand What Causes Stress?

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Prioritize 4. If you take care of your self, you will be stronger and better able to handle stress. 5. Breathing exercises and tension releasing exeries. 6. Support, empowerment, boundaries, productive use of time, commitment to learning, positive values, social skills, and a positive identity. 7.

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chapter 4 stress management. 75-90% of all visits to primary care ph.... 75-90%. Current estimates suggest that as much.... Stress alters. stress-related complaints or disorders. of all visits to primary care physicians are for stress-relate.... is either precipitated or aggravated by perceived stress.

managing stress chapter 4 mental

Flashcards and Study Sets ...

The effect of physical and psychological demands on a person. Unrelieved stress that continues to tax a person's resources t.... a temporary bout of stress that causes alertness or alarm, whi.... a physical or psychological demand that requires a person to a.... Stress.

health quiz chapter 4 managing stress Flashcards and Study ...

Chapter 4 managing stress. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. tiffanyb924. Terms in this set (12) Stress. the body's and mind's response to a demand. Stressor. any situation that puts a demand on the body or mind. epinephrine.

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Ongoing and consistent stress can. Date added: 02-05-2020. Source : http://gbhscmcgehee.weebly.com/uploads/1/0/9/7/109707385/unit_2-ch.4.pptx

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CH. 4 - Managing Stress and Coping with Loss Define the following Vocabulary.

Turn in on CANVAS when you have completed all 10 vocabulary words and 6 short responses. 1. Perception: The act of becoming aware through the senses. 2. Stressor: Anything that causes stress 3.

Copy_of_Chapter_4-_Managing_Stress_Vocab_Short_Respones ...

Identify four strategies that can help you avoid and limit stress. 1. Use refusal 2. Plan ahead 3. Think positively 4. Avoid tobacco, alcohol, and other drugs Describe some tips for handling stress and reducing its effects. Describe three self-maintenance habits that play a role in helping you prevent stress, reduce.

CHAPTER 4 MANAGING STRESS**LESSON 2 & 3.docx - CHAPTER 4 ...**

Flashcards in Chapter 4 (Managing Stress and Coping with Loss) Deck (53) 1 The reaction of the body and mind to everyday challenges and demands. Stress 2 The act of becoming aware through the senses. Perception 3 Postive stress that can motivate you. Eustress 4

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