

Chapters Three & Four – Managing Stress and Improving Your Sleep quiz clues

- ✓ **Quizzes will be taken directly from up to four of the potential questions below**
- ✓ **Quizzes are closed book and note**
 - ✓ Be able to name the three phases of the G.A.S.
 - ✓ Be able to define eustress and distress
 - ✓ Be able to name two contributing factors that make an event stressful
 - ✓ Be able to name the hormone that is released we are surprised or prompted by a stressor
 - ✓ Be able to name two methods to better manage stress
 - ✓ Be able to list two strategies for effective time management
 - ✓ Be able to define R.E.M.
 - ✓ Be able to list two methods to getting better sleep
 - ✓ Name two ways to overcome test taking anxiety