Chapter Three – Stress Management 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 define stress in 17 words or less

✓ 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 when 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