**Stress Review**

**(use powerpoints, classwork, and what we’ve discussed in class to find the *best* answer to the following):**

-What is stress?

-Two types of stress (good and bad) Example of each?

-Performance and stress (bell curve)

-General Adaptation Syndrome

* three stages
* what is occurring in each stage

-Why do stress and heart disease have such a strong correlation to each other?

-What are the hormones related to stress and what role do they play in the body?

(refer to news article we looked at)

-What are some unhealthy ways people deal with stress?

-What is a defense mechanism? Understand the following:

* Repression
* Regression
* Displacement
* Denial
* Projection
* Rationalization
* Intellectualization
* Isolation

-What are some practical, every day ways to cope with stress?

-What are the following and how are they performed?:

* PMR
* Breath control
* Guided meditation
* Yoga
* Autogenic training