

Name _____

Chapter 4, Section 1 Stress and Your Health

1. Define and give an example of the 5 types of stressors.

2. Define and give five examples of the two types of stress.

Chapter 4, Section 2 Dealing with Stress

1. Define resiliency.

2. List 5 tips you can use to manage your time.

Chapter 4, Section 3 Coping with Loss

1. List and briefly describe the five stages of the grieving process.

2. What are four things you can do to cope with a loss?

3. What are four things you can do to help others deal with a loss?

Chapter 4, Section 4 Preventing Suicide

1. True or False Many people who attempt suicide do not really want to die, but are crying out for help.

2. What are the seven warning signs of suicide?

3. What are four things you can do if a friend has talked about suicide?