

CAREER EDUCATION 9

Outcome CG9.2

Life Map Exploration

Complete # 1 - 9

What Is Stress?

Teacher Notes

What Is Stress?

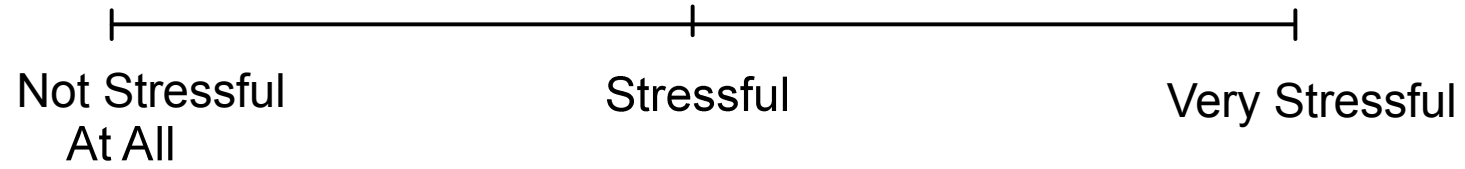
What Is Stress?*

Stress is the emotional and physical strain caused by our response to pressure from the outside world. Common stress reactions include tension, irritability, inability to concentrate, and a variety of physical symptoms that include headache and a fast heartbeat.

It's almost impossible to live without some stress. And most of us wouldn't want to, because it gives life some spice and excitement. But if stress gets out of control, it may harm your health, your relationships, and your enjoyment of life.

* (Edited by Guy Slowik MD FRCS. Last updated on June 28th 2011 -- ehealthmd.com)

Human Graph



Teacher Notes

Is all stress negative?

Is there good stress?

Which type of stress dominates your life?

What Are The Signs Of Stress?

Stress can cause both mental and physical symptoms. The effects of stress are different for different people. Review the lists below and identify which symptoms commonly affect you.

Mental Symptoms of Stress

- Tension
- Irritability
- Inability to concentrate
- Feeling excessively tired
- Trouble sleeping

Physical Symptoms of Stress

- Dry mouth
- A pounding heart
- Difficulty breathing
- Stomach upset
- Frequent urination
- Sweating palms

Can you add others to this list?

Complete #10 - 25

OPTIONAL ACTIVITY

Watch What About Bob

Answer the reflection questions.