Stress Article

Read the article found at <http://kidshealth.org/teen/your_mind/emotions/stress.html> and answer the following questions.

1. Define stress.
2. What causes you the most stress?
3. What hormones do the adrenal glands release during a stress response?
4. List five effects these hormones have on the body?
5. How can a little stress be good?
6. How can long-term stress be harmful?
7. What is posttraumatic stress disorder?
8. List three signs of stress overload.
9. List three stress management skills.
10. Which do you use?