

HEALTH UNIT 2 ANSWER SHEET

Name: _____

Period: _____

Please follow the directions on each quiz.

Lesson Quiz 29

1. _____
2. _____
3. _____
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6. _____
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10. _____

Lesson Quiz 31

1. _____
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Lesson Quiz 33

1. _____
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Lesson Quiz 34

1. _____
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Mental & Emotional Health

Unit 2

Lessons:

8. 9.1 – What is Stress

9. 9.3 – Managing Stress

10. 10.1 – Mental Disorders

11. 10.2 – Suicide Prevention

12. Unit 2 Test

9.1

What Is Stress

Stress is the body's and mind's reaction to everyday demands or threats.

There are two types of stress:

Distress – **negative stress** is too much pressure or trauma and you don't know how to cope with it. **Eustress** is positive stress that can help you achieve your goals. Includes pressure to study or learning lines for school play.

Different stressors

-*Biological*: biochemical imbalance, mental or physical illnesses, disabilities, or injuries

-*Environment*: poverty pollution, crowding, noise, or natural disasters

-*Cognitive or Thinking*: way you perceive a situation or what you expect from it

-*Personal Behavior*: negative reactions in body and mind caused by drug use or lack of exercise

-*Life Situations*: death in the family, separation of family, loss of job or trouble between friends or moving to a new school

Body's Stress Response

Alarm – 1st stage, adrenaline activated as “emergency hormone” increases heart rate and breathing rate. Hypothalamus and nervous system stimulated.

Resistance – Body tries to repair damage from the stressful event and return to normal.

Fatigue – Third stage of stress response, resulting in a tired feeling that lowers one's level of activity.

Types of Fatigue

Physical Fatigue: muscles build up lactic acid (waste) = soreness and tiredness of body

Pathological Fatigue: tiredness of body's defenses caused by disease or poor nutrition

Psychological Fatigue: constant worry, overwork, depression, boredom = mental fatigue

Prolonged or repeated periods of stress can lead to stress-related illnesses, wear down body and mind, and it can be life-threatening.

**LESSON
QUIZ**

29

FOR USE WITH CHAPTER 9, LESSON 1

I. Directions In the space provided, write the word(s) from the list that best completes the statement.

1. Worrying about your performance in the school play is considered _____ if it causes you to learn your lines.
2. Moving to a new school in the middle of the year that is a source of stress is a _____ stressor.
3. Negative stress is _____.
4. The first stage in the body's response to stress is the _____ stage.
5. The hormone _____ is responsible for an increase in heart rate and breathing rate.

life situation
alarm
adrenaline
eustress
distress

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 6. Neighborhood crime and noise pollution are kinds of
 - a. biological stressors
 - b. environmental stressors
 - c. cognitive stressors
 - d. personal behavior stressors
- _____ 7. The alarm stage of the body's stress response begins with the stressor stimulating the autonomic nervous system as well as the
 - a. hypothalamus
 - b. adrenal glands
 - c. pituitary gland
 - d. hormone adrenaline
- _____ 8. Tiredness that results from the buildup of wastes in muscles is
 - a. resistance
 - b. psychological fatigue
 - c. pathological fatigue
 - d. physical fatigue
- _____ 9. The stage of the stress response in which the body tries to repair its damage from the stressful event is
 - a. the resistance stage
 - b. the alarm stage
 - c. the fatigue stage
 - d. the eustress stage
- _____ 10. Which statement is NOT true for prolonged or repeated periods of stress?
 - a. It can lead to stress-related illnesses.
 - b. It can help you achieve your goals.
 - c. It can wear down the body and mind.
 - d. It can be life-threatening.

SCORE (number correct x 10 points):

9.3

Managing Stress

Reducing Stress

Planning means deciding ahead what you want, what you need, and what is expected of you. Planning out goals can greatly reduce the amount of stress in someone's day. **Exercise** is another good way to relieve stress.

Time management skills are specific strategies for planning and using time in effective, healthful ways. Setting priorities, things to do first, are things that you judge as more important to do than others.

Handling Stress

Stress management involves reducing or eliminating stressors or changing your perceptions of or reactions to them.

Rechanneling: Transferring or redirecting your energies. Turning negative stress into positive action is rechanneling.

Seeking help from others can help relieve stress. **Support groups** are informal or formal gatherings of people who meet and share experiences, feelings, and trust, can also be helpful.

Support groups will meet together to share experiences, feelings, and trust in order to help each other.

Exercising and laughing can instantly relieve some stress in one's life. Deep breathing and stretching are kinds of relaxation techniques as well. Relaxation response is a restful state achieved by techniques such as meditation.

**LESSON
QUIZ****31**

FOR USE WITH CHAPTER 9, LESSON 3

I. Directions

In the space provided, write the word(s) from the list that best complete(s) the statement.

1. Setting priorities is an important aspect of _____.
2. _____ can instantly relieve some stress.
3. _____ involves reducing or eliminating stressors or changing your perceptions of or reactions to them.
4. Deep breathing and stretching are kinds of _____.
5. _____ means deciding ahead what you want, what you need, and what is expected of you.

stress management
planning
time management
relaxation techniques
laughing

II. Directions

Match each definition in the left column with the correct term in the right column. Write the letter of the term in the space provided.

- _____ 6. turning negative stress into positive action
- _____ 7. activities you would put first on your "to do" list
- _____ 8. people who meet to share experiences, feelings, and trust
- _____ 9. a restful state achieved by techniques such as meditation
- _____ 10. ways to plan and use time effectively

a. relaxation response
b. time management skills
c. rechanneling
d. support group
e. priorities

SCORE (number correct x 10 points):

10.1

Mental Disorders

A **mental disorder** is an illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing him or her from leading a happy, healthful, and productive life.

Anxiety Disorder: Illness of real, imagined, or chronic fears.

Four types of anxiety disorders –

1. **Phobias:** strong fear of an object or activity
Examples – *spiders, heights, enclosed places*
2. **Obsessive-compulsive:** trapped in a pattern of repeated behaviors or thoughts, urgent, irresistible behavior. An unwanted thought that prevents someone from thinking about other things is called an **obsession**. Examples – *washing hands constantly*
3. **Panic disorder:** Fear or anxiety gets in the way of functioning and enjoying life, sometimes for no reason “panic attacks”
Examples – *racing heartbeat, shortness of breath, and fear of losing control or dying*
4. **Post-Traumatic stress disorder:** Person experienced or witnessed a traumatic event feels severe and long-lasting aftereffects
Example– 9/11, war, rape or natural disasters

Hypochondria: Overly concerned about being ill and refuse to believe doctors who tell them they are healthy.

Clinical Depression = extreme sadness lasting multiple weeks.

Bipolar Disorder = psychological illness characterized by extreme mood swings between depression and extreme happiness, or mania.

Personality Disorders - Affect a person’s ability to get along with others.

Antisocial: In constant conflict with society. Person knows difference between right and wrong but doesn’t care about society’s rules: *cruelty, uncaring, irresponsible, and impulsive*

Passive-Aggressive: Uncooperative with others. Don’t like being told what to do and have trouble with issues of control.

Schizophrenia: “Split mind,” behave inappropriately; exhibit abnormal responses or no emotional response at all. Symptoms include withdrawal, hallucinations and hearing voices.

A brain tumor or stroke can result in a mental disorder classified as an **organic disorder**.

**LESSON
QUIZ**
33

 FOR USE WITH CHAPTER 10, LESSON 1

I. Directions

Match each definition in the left column with the correct term in the right. Write the letter of the term in the space provided.

- _____ 1. a repeated, urgent, irresistible behavior
- _____ 2. symptoms include withdrawal, hallucinations, hearing voices
- _____ 3. causes complaints of disease symptoms without physical cause
- _____ 4. an affective disorder characterized by extreme mood swings
- _____ 5. characterized by chronic fears

- a. bipolar disorder
- b. anxiety disorder
- c. schizophrenia
- d. compulsion
- e. somatoform disorder

II. Directions

In the space provided, write the word(s) from the list that best complete(s) the statement.

6. Persons who suffer from _____ are overly concerned about being ill and refuse to believe doctors who tell them they are healthy.
7. A racing heartbeat, shortness of breath, and fear of losing control or dying are symptoms of _____.
8. A brain tumor or stroke can result in a mental disorder classified as a(n) _____.
9. An unwanted thought that prevents someone from thinking about other things is called a(n) _____.
10. A person who knows right from wrong but doesn't care about society's rules may have a(n) _____.

- obsession
- hypochondria
- antisocial personality
- panic disorder
- organic disorder

SCORE (number correct x 10 points):

10.2

Suicide Prevention

For some teenagers the combination of new responsibilities, pressures, and emotions can lead to depression. Emotional overload can lead to depression, or feelings of hopelessness, sadness, and helplessness. In some cases of severe depression, suicidal thoughts or actions may come about. People who are suicidal often feel that no one cares.

Depression: *feelings of helplessness, hopelessness, and sadness.*

Suicide: *the taking of one's own life.*

Suicide Risk Factors

Previous exposure to suicide, substance abuse, violence, or emotional, physical, or sexual abuse increases suicide risk. **Nonverbal signs** of suicide include depression, personality changes, neglect of appearance and giving away of person possessions.

Youth who are depressed, isolated, and angry are at high risk for suicide.

Preventing Suicide

Conditions leading to suicide are almost always treatable. Most suicide thoughts are temporary, but death is permanent. To help someone who is threatening suicide, you should show empathy and support.

- Take any and all talk of suicide seriously
- Show concern or "empathy" for the problem
- Suggest seeking help & don't keep secret

An individual may have decided to attempt suicide if they had been exhibiting signs of suicidal behavior then are suddenly in a very good mood.

Cluster suicides: multiple suicides occurring within a short space of time and involving several people in the same school or community.

Suicide Pact: If someone you know is involved in a suicide pact, you should talk to the authorities immediately.

**LESSON
QUIZ**
34

 FOR USE WITH CHAPTER 10, LESSON

I. Directions

In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 1. People who are suicidal
- a. usually don't need professional help c. can't be helped by others
 b. often feel that no one cares d. never have a specific plan
- _____ 2. To help someone who is threatening suicide, you should
- a. not focus on the problem c. show empathy and support
 b. agree to keep a secret d. don't talk about it
- _____ 3. Nonverbal warning signs of suicide do NOT include
- a. depression c. neglect of appearance
 b. personality changes d. active involvement in social activities
- _____ 4. A person who has exhibited many warning signs of suicide and suddenly is in a very good mood
- a. may have decided to attempt suicide c. has decided not to attempt suicide
 b. probably is not at immediate risk d. most likely is no longer depressed
- _____ 5. If someone you know is involved in a suicide pact, you should
- a. respect the person's privacy c. talk to the authorities immediately
 b. try to talk sense into the person yourself d. wait for the intense feelings to fade

II. Directions

Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 6. Emotional overload can lead to *empathy*, or feelings of hopelessness, sadness, and helplessness.
- _____ 7. A person who is depressed and gives away possessions is exhibiting *verbal* warning signs of suicide.
- _____ 8. Previous exposure to suicide and substance abuse are two *risk factors* for suicide.
- _____ 9. Youth who are depressed, isolated, and angry are at *low* risk for suicide.
- _____ 10. *Cluster suicides* are a rash of suicides occurring within a short period of time and involving people in the same school or community.

SCORE (number correct x 10 points):