

Train Your Brain To Manage Stress

Discover brain-based approaches to develop resilience, manage stress, and cultivate a positive mindset. Read the resource at: <https://bit.ly/HYBactivity2>

1. Common physical symptoms of stress might include:
 - a. Headache
 - b. Stomach ache
 - c. Racing heart
 - d. All of the above
2. Chronic stress can harm your health.
 - a. True
 - b. False
3. Which system in the body is responsible for the feeling of a rapid heartbeat during stress?
 - a. Muscular system
 - b. Respiratory system
 - c. Cardiovascular system
 - d. Gastrointestinal system
4. The _____ response is the name given to the physiological reaction that occurs when your body is preparing to either confront or flee.
 - a. Run-or-hide
 - b. Fight-or-flight
 - c. Attack-or-retreat
 - d. Escape-or-defend
5. What hormone is released by the body during the "fight-or-flight" response?
 - a. Adrenaline
 - b. Insulin
 - c. Melatonin
 - d. Dopamine

6. Stress is always bad.
 - a. True
 - b. False
7. What is one potential positive aspect of stress?
 - a. It can make you feel more attentive and alert
 - b. It can help you focus.
 - c. It can make you feel motivated.
 - d. All of the above.
8. Which of the following is NOT a healthy way to cope with stress long term?
 - a. Asking for help from a trusted adult
 - b. Getting regular physical activity
 - c. Eating a nutritious diet
 - d. Consuming energy drinks and caffeine
9. Which of the following activities can help you cope with stress in the moment?
 - a. Petting a cat or dog
 - b. Taking a short walk
 - c. Listening to calming music
 - d. All of the above
10. Doing things like breathing exercises, yoga, or medication can help ease stress.
 - a. True
 - b. False

Answer Key

1. D. All of the above
2. A. True
3. C. Cardiovascular System
4. B. Fight-or-flight
5. A. Adrenaline
6. B. False
7. D. All of the above
8. D. Consuming energy drinks and caffeine
9. D. All of the above
10. A. True