***Work Sheet for Listening Class***

**[Lecture Mapping]**

**Topic: The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to stress**

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| --- | --- |
| Stress | Occurs when one feels unable to meet demands placed upon oneself |
| based on the­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, varies from person to person |

**Phases of Stress Reaction**

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| 1.  ▼  ▼  ▼ | body’s reaction to stress | process called “general \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ syndrome” |
| [note] | |
| 2.  ▼  ▼  ▼ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ reaction | physical preparation for danger |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are less effective |
| [note] | |
| 3.  ▼  ▼  ▼ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | body adapts to deal with stressor |
| [note] | |
| 4.  ▼  ▼  ▼ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | long-term stress causes exhaustion |
| body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to serious health problems |
| [note] | |