

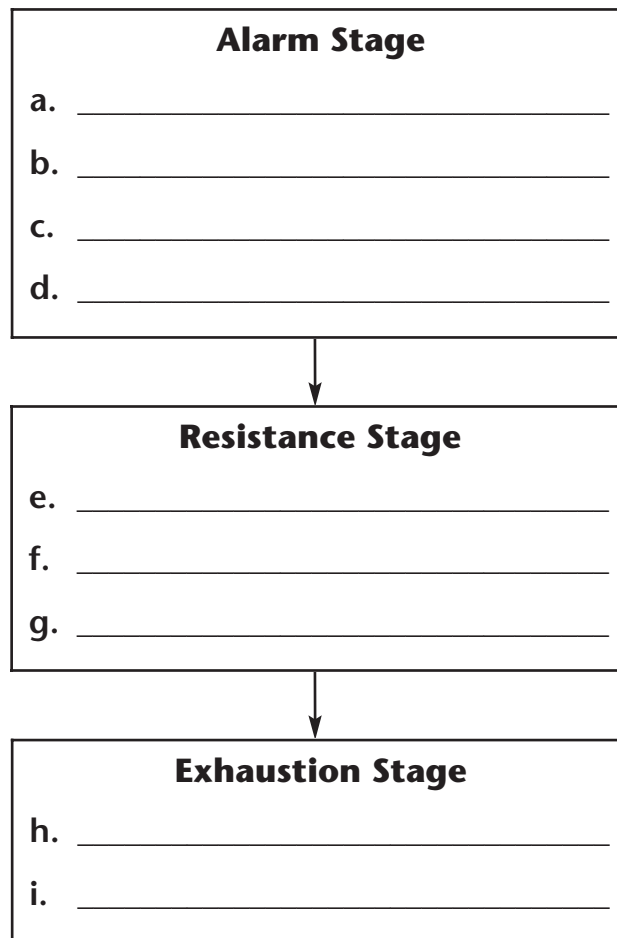
Section 3-2

Note Taking Guide

How Stress Affects Your Body (pp. 60–64)

Stages of Stress

1. Fill in the sequence with details about the three stages of the stress response.



Section 3-2: Note Taking Guide *(continued)*

Recognizing Signs of Stress

List some warning signs of stress.

2. Physical changes include

a. _____ c. _____

b. _____ d. _____

3. Emotional changes include

a. _____ c. _____

b. _____ d. _____

4. Changes in thinking include

a. _____ c. _____

b. _____ d. _____

5. Behavioral changes include

a. _____ c. _____

b. _____ d. _____

Stress and Illness

6. Complete the graphic organizer by listing some ways that stress can affect health.

