

1. What is Stress?

2. Describe the 3 types of stress.

3. What does Acute and Chronic Distress deplete from your body?

4. Describe the 3 stages of stress.

5. What are the 3 hormones released during stress?

6. What will high levels of cortisol cause?

7. How does cortisol damage the arteries?

8. List 5 symptoms of stress.

9. How does the reaction to stress vary from person to person?

10. What are the 5 stages of Coping with Crisis?

11. What are some steps to adapt to stress?

12. List factors of a stress prone diet and lifestyle.

13. List factors of an improved diet and lifestyle.

14. List 5 Stress Busters you would use.

15. Why is laughter the best medicine?

16. List 5 methods of Alternative Therapy

17. What does the Serenity Prayer suggest we do?

18. How does a mandala help with stress?

19. Why does Stress Baking help with stress?

20. Are you stressed right now?