

Mental Health Unit 2 Study Guide

Stress *Halter Chapter 10*

1. Explain the theories of stress. (Cannon-response and Selye-adaptation) What are the differences of the theories?

- The difference between stress and anxiety?
 - o Anxiety disrupts normal functioning and requires adaptation.
- **Walter Cannon (Fight-or-flight)**: Body prepares for situation that individual perceives as a threat
- **Hans Selye (General Adaptation Syndrome - GAS)**: Alarm, Resistance/Adaptation, Exhaustion
 - o If the body doesn't adapt, exhaustion occurs

2. Types of stress

- **Acute Stress**:
 - o Apprehension, unhappiness, decreased appetite, increased respirations, pulse, blood pressure, cardiac output, metabolism, glucose use, and depressed immune system.
- **Chronic Stress**:
 - o Increased risk for chronic anxiety, panic attacks, depression, chronic pain, sleep disturbance, decreased concentration, fatigue, irritability, weight gain/loss, increased risk for MI, stroke, HTN, diabetes, infection.

3. Eustress vs distress

- **Eustress**:
 - o Positive benefit energy – new baby, new job, Christmas, vacation
- **Distress**:
 - o Negative draining energy – lost job, surgery, quit smoking, death, argument, new illness

4. Physiological vs. Psychological

- **Physiological**:
 - o Effects the persons physical being – surgery, illness
- **Psychological**:
 - o Effects the persons emotional being – divorce, school, losing a job

5. List Positive and Negative stress busters. How do you decide which stress buster will be most effective?

- **Positive**:
 - o Taking a walk, journaling, meditation, yoga, exercise
- **Negative**:
 - o Sleeping, avoiding, drinking, smoking
- Ask the patient, what are your stress busters?

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Linda Suskie



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Research in Education ,1974 **Health Education in Secondary Schools** Cyrus Mayshark,L. W. Irwin,1968 The Journal of Health and Physical Education ,1948 *National Library of Medicine Audiovisuals Catalog* National Library of Medicine (U.S.), **Assessing Student Learning** Linda Suskie,2018-01-09 Assessing Student Learning is a standard reference for college faculty and administrators and the third edition of this highly regarded book continues to offer comprehensive practical plainspoken guidance The third edition adds a stronger emphasis on making assessment useful greater attention to building a culture in which assessment is used to inform important decisions an enhanced focus on the many settings of assessment especially general education and co curricula a new emphasis on synthesizing evidence of student learning into an overall picture of an integrated learning experience new chapters on curriculum design and assessing the hard to assess more thorough information on organizing assessment processes new frameworks for rubric design and setting standards and targets and many new resources Faculty administrators new and experienced assessment practitioners and students in graduate courses on higher education assessment will all find this a valuable addition to their bookshelves Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office,1974 *Sharpening Writing Skills* , *Home Economics Education; Instructional Materials* Ohio State University. Center for Vocational and Technical Education,1972 Compilation of abstracts of teaching and training materials specific to the field of home economics education in the USA includes such specific areas as child care occupations consumer education day care programmes home management etc Home Economics Education Ohio State University. Center for Vocational and Technical Education,1972

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Table of Contents Health Unit 2 Study Guide 10 Grade

1. Understanding the eBook Health Unit 2 Study Guide 10 Grade
 - The Rise of Digital Reading Health Unit 2 Study Guide 10 Grade
 - Advantages of eBooks Over Traditional Books
2. Identifying Health Unit 2 Study Guide 10 Grade
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Health Unit 2 Study Guide 10 Grade
 - User-Friendly Interface
4. Exploring eBook Recommendations from Health Unit 2 Study Guide 10 Grade
 - Personalized Recommendations
 - Health Unit 2 Study Guide 10 Grade User Reviews and Ratings
 - Health Unit 2 Study Guide 10 Grade and Bestseller Lists
5. Accessing Health Unit 2 Study Guide 10 Grade Free and Paid eBooks
 - Health Unit 2 Study Guide 10 Grade Public Domain eBooks
 - Health Unit 2 Study Guide 10 Grade eBook Subscription Services
 - Health Unit 2 Study Guide 10 Grade Budget-Friendly Options
6. Navigating Health Unit 2 Study Guide 10 Grade eBook Formats
 - ePub, PDF, MOBI, and More
 - Health Unit 2 Study Guide 10 Grade Compatibility with Devices
 - Health Unit 2 Study Guide 10 Grade Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Health Unit 2 Study Guide 10 Grade
 - Highlighting and Note-Taking Health Unit 2 Study Guide 10 Grade
 - Interactive Elements Health Unit 2 Study Guide 10 Grade
8. Staying Engaged with Health Unit 2 Study Guide 10 Grade

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Health Unit 2 Study Guide 10 Grade
- 9. Balancing eBooks and Physical Books Health Unit 2 Study Guide 10 Grade
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Health Unit 2 Study Guide 10 Grade
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Health Unit 2 Study Guide 10 Grade
 - Setting Reading Goals Health Unit 2 Study Guide 10 Grade
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Health Unit 2 Study Guide 10 Grade
 - Fact-Checking eBook Content of Health Unit 2 Study Guide 10 Grade
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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