Name _____

Navigating Stress: Finding Healthy Ways to Cope

Short Answer

1. How does stress affect the body's response?

2. Why do some individuals self-medicate with substances when experiencing emotional distress due to stress?

3. What are some relaxation techniques mentioned in the passage that can help reduce stress?

4. How can seeking support from others help individuals cope with stress?

5. Why is sleep important for managing stress?

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