

Name _____

Navigating Stress: Finding Healthy Ways to Cope

Short Answer Key

1. Stress affects the body's response by triggering the release of hormones like cortisol, preparing the body for a "fight or flight" response.
2. Some individuals self-medicate with substances when experiencing emotional distress due to stress to numb their feelings or alleviate anxiety and depression.
3. Relaxation techniques mentioned in the passage include deep breathing, meditation, and yoga.
4. Seeking support from others can help individuals cope with stress by providing emotional support, a listening ear, and potential solutions to their problems.
5. Sleep is important for managing stress because it allows the body and mind to rest and recharge, improving overall mood and energy levels.

