

After reading this article, use the information you learn to answer the following in complete sentences.

1. What happens to the immune system when it's under too much stress?



2. What are some health problems that can be associated with having too much uncontrolled stress?

3. What the difference between a sick person with stress and a well person with the same amount of stress?

4a. In the article, there in an example given of the ways that people process stress and how it makes a difference in their lives. The example given is about running late- a person _____ or they _____.

4b. Please create an example of your own using a different common stressor.



5. What do people in other countries think about the amount of stress Americans put upon themselves?

6. What do Americans commonly think about the amount of stress we put on ourselves?

7. What are some healthy stress management techniques that are mentioned in the article?

