Activity 1
Test your knowledge

1. Which of the following events can cause stress?
   a. Taking out a loan
   b. Failing a test
   c. Graduating from college
   d. Watching a hockey game

2. Moderate exercise can stimulate which of the following?
   a. Analgesia (pain relief)
   b. Birth of new brain cells
   c. Relaxation

3. Which of the following can be a result of chronic stress?
   a. Violence
   b. Heart attack
   c. Stroke

Activity 2
1. List stressors that you experience in your daily life.


3. What kind of stress management techniques to use to combat negative stress?