Managing Stress

Prolonged stress can weaken resilience.

Real-World Situations

set the scene for learning new health skills.

Practice the Skill

gives students an opportunity to practice and apply their newly learned skill.

Managing Your Time

Last night, José ran up late to make a report due the next morning. He plans to get to bed early so he can be fully rested by the time school starts tomorrow morning. José tells his gym teacher he will not be able to work out that evening. Is José doing a wise thing? Why or why not?

Managing Time

1. Set aside 15 minutes each morning to plan your day.
2. Identify the time of day you are most productive and schedule your more difficult tasks for this time.
3. Make a daily “To Do” list.
4. Use a digital watch or an alarm clock to help you manage your time.
5. Track how you spend your time.

1. Use only those tasks that have an effect on the student’s health, such as health, family, and school.
2. Plan your day.
3. Prioritize your tasks.
4. Use a sheet from a daily planner that gives students an opportunity to practice and reinforce, ensuring that students master these essential life skills.

Health in Real Life

These activities ask students to apply health concepts learned in the classroom to their lives at home, at school, and in their communities.

Health at Home

Warning Signs of Stress

Ask a few friends and trusted adults if they can tell when you are under stress. Ask them to describe the warning signs that you exhibit. Write a paragraph about what you find out.

Resilience

Interview a guidance counselor, school nurse, or social worker. Ask the person you interview to describe those factors that make it easier for a student to recover from an extremely stressful situation. Summarize what you learn in a paragraph.

Health at School

These activities engage students in active explorations that reinforce important health concepts.

Hands-On Activity

Sports Drinks, Soft Drinks, and Your Teeth

In this activity, you will observe how various drinks affect eggshells, which are composed of some of the same minerals as your teeth.

Materials

Three plastic cups, tape for bonding three large pieces of wax paper, sports drink, soft drink, water

Try This

1. Label the first cup “sports drink,” the second cup “soft drink,” and the third cup “water.” Place a piece of eggshell in each cup.
2. Pour some of the sports drink into the appropriate cup. Pour the same amount of cold drinks into the second cup and water into the third.
3. After three days, discard the liquids and examine each eggshell.

Healthier Choices

1. Describe the appearance of each eggshell after three days.
2. Compare the effects of the sports drink and soft drink. Was there a difference in the eggshells?

Healthy Habits

1. Describe three healthy habits you have at school.
2. Describe three healthy habits you have at home.
3. Name three healthy habits that are difficult for you to develop.

Media Wise

Students use checklists to evaluate how the media influences the decisions they and other teens face.

Hands-On Activity

Gender Roles and Movies

People have great power today in choosing their careers. These choices should be made with careful planning as well as realistic expectations.

Variety of Roles

1. What is the relationship between stress and illness?
2. What is the key factor in determining whether a stress response is adaptive or maladaptive?
3. Why might optimism or pessimism affect how you interpret stressors?
4. Why might some people experience the fight-or-flight response?
5. What are the long-term effects on the body of fighting or fleeing?

Denver Post

Outlines history paper A

Doing laundry B

Call grandmother B

2. How do you feel about fighting or fleeing?
3. How do you feel about running away?
4. How do you think being “fight or flight” helps you survive? What does it mean to fight or flee?
5. Is it better for you to fight or flee when you are stressed? Why or why not?

The immune system protects parts of your immune system may function better than usual.

The student-friendly writing style and engaging activities make learning about health fun, relevant, and meaningful.
During the alarm stage, sensible weight management involves avoiding dangerous diet fads. Evaluating Diet Plans helps you learn how to check a diet plan. Choose a diet plan that you have seen in class, on TV, or in a magazine. Then write a paragraph explaining why you think it is a good plan or why you think it is a bad plan.

### Active Learning
- Building Health Skills, Warm-Up Activities, Media Wise, and Hands-On Activities offer opportunities for active involvement and peer communication. These activities also help to build the skills that are necessary for critical thinking.
- Online activities bring timely, relevant, and appropriate health topics into the classroom.

### In the Teacher’s Edition
Chapter Planning Guides label activities by level of difficulty, to help you meet the needs of all students.

- Program resources are identified by level—for students with special needs, less proficient readers, all students, gifted and talented students, and English language learners.
- Practical teaching tips appear at point-of-use.

### Online
Support for differentiated instruction can easily be found online via the Student and Teacher’s Edition eTexts.

#### Student Resources
- Reading and Note Taking Guides in English and Spanish
- Adapted Reading and Note Taking Guide
- Audio Section Summaries in English and Spanish

#### Teaching Resources
- Lesson Plans
- Enrichment Worksheet
- Teacher Edition Reteach Strategy

*Available for PC, Mac, iPad with iOS 5 or greater, and Android tablets with Android OS 3.1 or greater*
Section Objectives

Managing Your Time

How Stress Affects Your Body

What Causes Stress?

Identify ways to control stress, reduce tension, and change the way you think about stressors.

The value of seeking support from others when you are under stress. Describe why building resilience is important.

Develop two ways that personality affects stress. Explain responses to the same stressor.

Identify four general types of stressors. List the relationship between stress and illness.

4.1.2

3.4.2

3.4.1

4

3

3.2.1

3.1.2

3.1.1

1

2 periods; 1 block

1 period; 1/2 block

1 period; 1/2 block

1 period; 1/2 block

Correlation Standards

NHES: 3.12.4, 1.12.2, 1.12.5

NHES: 1.12.3, 2.12.4

Instructional Resources

Section 3-4 Quiz

Practice 3-4

Hands-On Activity Progressive Building Health Skills 3

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Warm-Up, p. 60

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Note Taking Guide 3-1

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Note Taking Guide 3-2

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Note Taking Guide 3-3

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Note Taking Guide 3-4

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Reteach Strategy, p. 67

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Exploration/Wrap-Up

Robust Digital Assets - Teacher Resources All Online

Digital/Video Pathway

With Pearson Health, you can organize your teaching around the Teens Talk Video Series. These engaging videos will help students make connections between classroom learning and the decisions they face every day.

TEENS Talk Video Series

One video for every chapter of the student edition—26 engaging videos in all!

- Videos feature real teens facing real issues in their daily lives.
- Video Viewing Guide with teaching strategies plus worksheets in English and Spanish.

Use the Digital/Video Pathway to organize your teaching around the video program.

The Video Pathway in the Teacher’s Edition guides you how to organize your teaching around the videos. The Video Pathway will help you:

- Organize the key video, technology, and print resources to match your curriculum needs with ease.
- Develop lessons that differentiate the way you deliver health topics to your students and keep them engaged.
- Save time coordinating the program resources needed for each lesson.

GO ONLINE PearsonSuccessNet.com

Go Online references throughout the book and eText make accessing additional resources easy.

Digital Courseware at Your Fingertips

Easy navigation through eText

An array of teacher resources are accessible via the left navigation in the Teacher’s Edition eText.

Online Resources

Editable Teaching Resources

- Lesson Plans
- Letter to Parents
- Practice and Enrichment Worksheets
- Section Quizzes
- Chapter Tests
- Answer Keys
- Reading and Note Taking Guide
- Adapted Reading and Note Taking Guide
- Video Viewing Guide with Worksheets

Spanish Resources

- Spanish Reading and Note Taking Guide
- Video Viewing Guide with Spanish Worksheets
- Audio Section Summaries in Spanish

Presentation Materials

- Image Bank with Editable Worksheets
- Chapter PowerPoint® Presentations, including Warm-Ups and Building Health Skills

Audio and Video Resources

- Discovery Education™ Teens Talk Videos
- Audio Section Summaries

Online Activities

- Web Links
- Chapter Review Activities
- Skills for Physical Fitness Worksheets

Additional Material

- Teacher Online Access Pack

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Print Resources
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- Teacher’s Edition
- Reading and Note Taking Guide
- Answer Key for Reading and Note Taking Guides
- Human Sexuality
- Human Sexuality, Teacher’s Edition

Technology Resources

Media Resources
- Discovery Education™ Teens Talk Video Series DVDs
- ExamView® Test Generator CD-ROM

Digital Courseware on PearsonSuccessNet.com
- Student Edition and Teacher’s Edition eTexts with bilingual audio glossary*
- Human Sexuality Student Edition and Teacher’s Edition eTexts*

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