

Área: HUMANIDADES Asignatura: INGLÉS
 Docente: GONZALO ESTRADA grado: UNDÉCIMO Fecha: _____
 Firma de padres y/o Acudientes: _____ Calificación: ____ Alcanzo: Si__ No __

Stress

In a medical or biological context stress is a **physical, mental, or emotional** factor that causes bodily or mental tension. Stresses can be external (from the environment, psychological, or social situations) or internal (illness, or from a medical procedure).

1. Define the following and give examples for each.

a. **Physiological stressors:**

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Examples:

b. **Enviromental stressors:**

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Examples:

2. List 7 major stressors that require tremendous amounts of adjustment.



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3. Define the following types of stress:

a. Hypostress:

b. Eustress:

c. Distress:

