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| |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **AP Biology: Stress**   |  | | --- | | [**Home**](http://docs.google.com/index.html) | | [**Introduction**](http://docs.google.com/introduction.html) | | **Hypo/Pred** | | [**Experiment**](http://docs.google.com/experiment.html) | | [**Data**](http://docs.google.com/data.html) | | [**Conclusion**](http://docs.google.com/conclusion.html) | | [**Recommendations**](http://docs.google.com/recommendations.html) | | [**Bibliography**](http://docs.google.com/bibliography.html) | | [**Links/Other**](http://docs.google.com/linksother.html) | |   Visit now at  **PUSD Online:**   |  | | --- | |  |   • [PUSD Home](http://www.pleasanton.k12.ca.us/)  • [Project Creekwatch](http://www.pleasanton.k12.ca.us/avh_science/creek/creek.html)  • [AVHS Home](http://www.pleasanton.k12.ca.us/amador/index.htm)  **Keep A Healthy Diet**   |  | | --- | |  |   The demands that are put on our bodies daily recieve a response know as stress. Good stress allows success and ambition. Bad stress, or distress, can cause anxiety, illness, and misery. An individuals way of coping can influence whether the stress is productive or destructive. Stress and nutrition go hand and hand. Nutrient deficiency is a form of physical stress and it is how well the body is nourished that dictates how well stress is handled. Widespread effects of stress interferes with digestion and can reduce nutrient absorption and retention. A body that is well nourished can deal with stress better than one that is not. Vitamins and minerals can help keep a nourished body. The immune system defends the body against infection and disease. When the body is distressed, it releases several hormones that suppress the body's immune response, exposing the body to a number of infections. Vitamin A, Vitamin B, Vitamin C, and trace minerals maintain a strong defense system against infection. If an individual consumes low in refined carbohydrates, sugar, and caffene and high in whole grain breads, cereals, and other nutritious foods have a better ability to cope with stress than an individual that intakes a diet high in sugar and caffene. At all times, a nutritious diet is essential, but especially in times with high stress. Foods for a nutritious balanced diet include fruits, vegatable, whole grain breads and cereals, beans and peas, low-fat or non-fat dairy products, plenty of water, and lean meats. The most important thing is to watch what is eaten. Other things to consider are exercise for physical release, stress management workshops, and relaxation techniques.   |  | | --- | | - From [A Healthy Diet Helps To Reduce Stress](http://www.fitnesslink.com/mind/diet.htm) | |  | |  |  |  |  | | --- | --- | --- | --- | |  | |  | | |  |  |  |  | |  | From the data, I can conclude that bedtimes do not directly effect stress. The bedtimes of the surveyed population shows almost nearly a normal bell curve and the same is true for stress levels. Students however some signs of stress, but are far from being stressed out. My hypothesis stated that if students went to bed at a later time, then they would show more signs of stress as opposed to students that went to bed at an earlier time. By the data, it shows that this is not true and as a result the hypothesis is refuted. From the data, students are not stressed out but not to the extent of stressed out. Since the population was not totally random, it is not safe to say that all students are not stressed out. With all the stressful times, with schoolwork, sporting events, and other occasions to stress a person out, it was believed that students were stressed out. From the data, this suggestion is wrong. This data may have been biased by the mood that the individual was in that day. For example, since it was a real stressful time for a person, they might have blown off the survey to get rid of the stress that the survey burdened. As a whole, some days people are more stress that others and because of this it could bias the results. In conclusion, students in Mr. Meier's math classes are not stressed out. | |  | |  |  |  |  | |  | |  | |   **Stress Levels**   |  | | --- | |  |   0-5 - No stress or low stress  26 people or 17.3%  6-10 - Small amount of stress  66 people or 44%  11-15 - Some stress but not too much  41 people or 27.3%  16-20 - A large amount of stress  20 people or 13.3%  21-25 - Too much stress to handle  9 people or 6%  **Humor: An Antidote For Stress**   |  | | --- | |  |   **Introduction**  Humor is a quality of perception that enables us to experience joy even when faced with adversity. Stress is an adverse condition during which the body may experience tension or fatigue, feel unpleasant emotions, and sometimes develop a sense of hopelessness and futility. Responding to stress in a positive way can allow the body to stay healthy. Stress is the rate of wear and tear within the body. Repeated exposer to work stress can lead to burnout. The individuals that do "people work" are constantly exposed to stress. When someone fails, they feel as though their efforts are ineffective and anger and frustration arise. Painful emotions can lead to stress. A sense of humor gives the ability for delight, joy and releasing tension. There is some history about humor. Humor cheerful and associated with the blood was called sanguine humor. Humor angry and associated with bile was called chloric humor. Humor apathetic and associated with mucous was know as phlegmatic humor. In modern terms humor is described as the quality of being laughable or comical or as a state of mind, mood, or spirit. Humor is flowing and can heal the body, mind, and spirit.  **Sprit**  Spirit can influence feelings of joy, hope, and love. Laughter shortly gives and individual the feeling that anger and fear are gone. It provides a moment of carefree, lighthearted, and hopeful. When the spirit of a person is depleted there is a feeling of compassion fatigue. If humor is found, the spirt levels with rise and compassion fatigue will dissapate. Negative emotion have negative impact on health, and vice versa, positive emotions have a positive effect. Laughter has shown to give feelings of joy, hope, confidence, and love.  **How The Body is Affected**  Stress has shown to establish unhealthy changes in the body. There is a connection between stress and high blood pressure, muscle tension, and immunosuppression. Laughter causes the opposite effects. It is the perfect antidote for stress. Laughter stimulates the immune system. An intact immune system can function appropriately by mobilizing its natural killer cells to destroy abnormal cells. The level of stress is dependant upon how the person reacts to it. There are three factors that determine stress levels and how well prevention of burnout is - commitment, control, and challenge.  **Learn To Laugh**  Sometimes it is hard to laugh at a problem. People with a special flare can laugh though. Things to make a person laugh include cartoons, parodies, jokes, reviews of humorous books, and interviews with professional humorists. Humor and laughter can be effective self-care tools to cope with stress. It can improve the function of the mind, body, and spirit. Laughter can give the feeling of superiority and power. Humor can create a positive and hopeful attitude. It will subside the feelings of depression and helplessness. Laughter is an opportunity for release. More humor and laughter could turn out to be the best medicine for stress.   |  | | --- | | - From [Humor: An Antidote for Stress](http://www.mother.com/JestHome/ANTI-STRESS.HTML) |  |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | |  |  | | |  | [**Home**](http://docs.google.com/index.html) |  |  | **Hypothesis/Prediction** | |  | | |  | |  |  | | |  | [**Experiment**](http://docs.google.com/experiment.html) |  |  | [**Data**](http://docs.google.com/data.html) | |  | | |  | |  |  | | |  | [**Introduction**](http://docs.google.com/introduction.html) |  |  | [**Recommendations**](http://docs.google.com/recommendations.html) | |  | | |  | |  |  | | |  | [**Bibliography**](http://docs.google.com/bibliography.html) |  |  | [**Links/Other**](http://docs.google.com/linksother.html) | |  | | |  | Explore This Site: Stress Home Introduction Hypothesis/Prediction Experiment Data Conclusion Recommendations Bibliography Links/Other PUSD Home Project Creekwatch AVHS Home   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  |  | | |  | |  |  | The survey consisted of twenty five questions and if they were answered yes there was some signs of stress. The number of yes answers were put into a scale to determine how much stress a person is experiencing as follows: 0-5 no stress or low stress; 6-10 small amount of stress; 11-15 some stress but not too much; 16-20 a large amount of stress; 20-25 too much stress for a person to handle. Out of one hundred and fifty people surveyed, 26 people or 17.3% had no or very low stress; 66 people or 44% had small amounts of stress; 41 people or 27.3% had some stress but not too much; 20 people or 13.3% had a large amount of stress. 9 people or 6% had too much stress for a person to handle. |  |  | |  |  | | |  |  |  | | --- | | **Coping With** | |  | | Holiday Stress |   First, the holidays should be a time of gathering where enjoyment is experienced. Do not get put into a stressful situation. If there is a family gathering where a person diskliked is attending, then try to avoid that individual, but do not think that that person is not really there. Do not over spend around the holidays for things that cannot be afforded. Gift giving does not have to be a stressful event. The holidays should not totally rearrange the daily schedule. If a really stressful event has occurred recently, such as a death in the family, some of the festivities might be omitted. People dislike the holidays because they feel as though they are rushed. Some just cannot handle all of the chaos.     |  | | --- | | - From [Coping With Holiday Stress](http://helping.apa.org/holiday.html) |      |  | | --- | | **Reducing Effects** | |  | | of Distress |   Reducing the physical effects of stress requires some passive activity to quiet the mind and body. Since everyone is different, not all coping techniques work for every person. The longer the techniques are used the easier and more helpful they will seem. To promote a relaxation response, breathe slowly and deeply. The natural tendency is for the body to tense when inhaling, so relax when exhaling. Physical exercise can promote a relaxation response, but strenuous exercises like high impact aerobics, jogging, or weightlifting are not recommended. However, recommended exercises include walking, riding a bicycle, or swimming, at a steady even pace. Muscle stretching or slow movement techniques such as Yoga or Tai Chi are also relaxing. Meditation is also a way to recieve a relaxation response. Staring at a spot on the wall or at a soothing picture is using visual imagery to sooth the body. Self hypnosis is good for individuals that are advanced in the practice. Relaxation tapes may also be helpful. Heat allows muscles to relax. Examples for this are hot tubs, saunas, or a hot bubble bath. Massage thearapy may also be helpful.     |  | | --- | | - From *Becoming Stress Resistant* | |
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