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| **Stress Links**   |  |  | | --- | --- | | - | [Stress](http://www2.csn.net/~hankb/hank/stress.html) | | - | [Family and Relationships](http://helping.apa.org/family/holiday.html) | | - | [Snooze or Lose](http://www.fitnesslink.com/mind/sleep.htm) | | - | [Making Time](http://www.fitnesslink.com/mind/time.htm) | | - | [Humor: an Antidote for Stress](http://www.mother.com/JestHome/ANTI-STRESS.HTML) | | - | [Basics of Stress Management I](http://www.tvpress.com/idn/idn1/lifeout.htm) | | - | [Basics of Stress Management II](http://www.tvpress.com/idn/idn2/lifeout.htm) |  |  |  |  |  | | --- | --- | --- | --- | |  | [Netscape Communicator](http://www.netscape.com/computing/download/index.html) |  | [Microsoft Internet Explorer](http://www.microsoft.com/windows/ie/download/default.asp) | | |  | | --- | |  | | |  | | --- | |  |  |  |  | | --- | --- | | **Stress Project:** | [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) |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | [**PUSD Home**](http://www.pleasanton.k12.ca.us/) |  | [**Amador Science Home**](http://pleasanton.k12.ca.us/avh_science/teachers/teachers.html) |  | [**Biology Home**](http://www.pleasanton.k12.ca.us/avh_science/biology.html) |  |  |  | | --- | --- | | **More Quicklinks:** | [Work Stress, Family Stress: Separate But Equal](http://www.apa.org/releases/workstrs.html) | [Are You A Reluctant Relaxer?](http://www.fitnesslink.com/mind/relaxer.htm) | [Healthy Diet Helps To Reduce Stress](http://www.fitnesslink.com/mind/diet.htm) | [Reducing the Physical Effects of Stress](http://www.tvpress.com/idn/idn3/lifeout.htm) | [Stress Management IV](http://www.tvpress.com/idn/idn4/lifeout.htm) | [Questions About Stress And Maybe Even A Few Answers](http://www.tvpress.com/idn/idn5/lifeout.htm) | |
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| **Stress Management**  **AP Biology: Stress**  **•** [**Introduction**](http://docs.google.com/introduction.html)  **• Hypothesis/Prediction**  **•** [**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/recomendations.html)  **•** [**Bibliography**](http://docs.google.com/bibliography.html)  **•** [**Links/Other**](http://docs.google.com/linksother.html)     |  |  | | --- | --- | |  | **Fact #1**  Stress in a human being is the leading cause of death |   **Myths about Stress**   |  |  | | --- | --- | |  | **MYTH:** Stress is only a mental "disease" and cannot physically harm a person.  **TRUTH:** Stress is not only a mental "disease," but also physical. Four main causes of stress are: radiation stress, chemical stress, emotional stress, and nutritional stress. Stress breaks down a persons body as well as aging a person both physically and mentally. |   **Links**  • [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) |  | |  | | --- | | Home |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | | | | | | |  | |  |  | Radiation stress, chemical stress, emotional stress, and nutritional stress are the four major causes of the disease. What does stress do to the body? It breaks down your body and ages an individual like a few other influences. Usually, the body can handle one large stressful event, but not several at one time. |  |  |  |  |  |  | | |  |  |  |  | | --- | --- | --- | --- | | **Examples of Stressors** | | | | |  | | | | |  | Polution |  | Headaches | |  | | | | |  | Fear |  | Pain | |  | | | | |  | Drugs |  | Lack of Sleep | |  | | | | |  | Exercise |  | Significant Others |  |  |  | | --- | --- | | [**[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) | [**[Biology Home]**](http://www.pleasanton.k12.ca.us/avh_science/biology.html) | | | |  |  |  | If an individual experiences several stressful events over and over again, it is know as chronic stress. Eventually chronic stress will destroy that individuals health, which affects a person tremendously. It is necessary to avoid the continuous strain and tension that chronic stress proposes. A person can be suffering from one or more types of stress. Often times there is a solution to these problems.   |  | | --- | | - From [Stress](http://www2.csn.net/~hankb/hank/stress.html) | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Stress Project**   |  | | --- | |  |  |  |  |  |  | | --- | --- | --- | --- | |  | [**Introduction**](http://docs.google.com/introduction.html)  What is stress and how did it come about? |  | **Hypothesis/Prediction**  How stressed out are high school students? | |  | [**Experiment**](http://docs.google.com/experiment.html)  A survey on stress on a population of high school students. |  | [**Data**](http://docs.google.com/data.html)  Unexpected data but useful as well. | |  | [**Conclusion**](http://docs.google.com/conclusion.html)  Tying up loose ends and coming to a census. |  | [**Recommendations**](http://docs.google.com/recomendations.html)  Suggestions for future studies. | |  | [**Bibliography**](http://docs.google.com/bibliography.html)  Resources for this project. |  | [**Links/Other**](http://docs.google.com/linksother.html)  Interesting links about stress. | |  | |  |  |  | | --- | --- | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | |  |  | **Online Poll**  Do you think you are stress out?  Yes No    Participants: 150 |  |  |  |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  | | | | |  | |  |  | **Holidays**  The most stressful time of the year for the average person is around the holidays. Most try to cram more events than they are capable of handling. An example of this around the holidays are having no extra time for gift-buying, gift-wrapping, tree-trimming, and office and family parties. The holidays are for having fun and shouldn't be a time where it is a burden on youself. During this time, a person should relax more often, eat wisely, take deep breaths at times, exercise, go outside, and the most important of all enjoy the time with your family and friends.   |  | | --- | | - From [Holiday Stress](http://helping.apa.org/holiday.html) | |  | **Managing Stress: Make Time For Yourself**  What do most people say there stress is caused by? You're right, too much to do in too little time. People that have more control over their lives are more resistant to the harmful effects of distress. Individuals with higher self esteem tend to cope better with stress as well as people that feel connected to their families, friends, colleagues, and communities. Staying health and in shape reduces the effects of the negative impact of stress. Some key concepts in dealing with stress are: stay healthy, exercise regularly, reviewing your priorites and lifestyle, developing your ability to schedule your time realistically, and having joy in participating in your everyday tasks.   |  | | --- | | - From [Management of Stress](http://www.fitnesslink.com/mind/time.htm) | |  |  | |  |  | | | | |  | |
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