# Stress Quiz Scholastic Scope Answers

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Physical activity can relax you. Physical activity can make you feel less stressed. Physical activity can improve your body image. Physical activity can give you a natural high or feeling of happiness. 10. Answers will vary; possibilities include: Try to maintain energy balance by eating the same ...

#### Answer Key: Quizzes and Printables | Scholastic.com

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#### PAIRED TEXTS: "Is This You?" and "In China, the Test that ...

Stress is a part of life, but students may have difficulty coping and feel overwhelmed, which can increase the risk for drug use. The article "Stressed Out?" helps explain how the body's stress response system works, as well as the health consequences of ongoing (chronic) stress.

#### Stressed Out? | Scholastic: NIDA

Online Answer Key Grades 1-2, 3-5, 6-8

#### Online Answer Key | Scholastic

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