Small Group Lesson Stress Management (3)

Physical Receptors of Stress

Long and Short Term Physical Effects Of Stress

Purpose: To help students determine how stress affects the body.

Introduction: In this lesson we will learn and record the most common areas where you feel stress in your body during the following week.

* How different body parts experience stress
* Stress-producing situations
* Consequences of stress

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| Short-term stress makes us more mentally and Physically alert and able to deal with the problem. | Long-term or chronic stress threatens our physicaland mental health. |
| Short-term results: The body prepares to deal with the problem. | Long-term results: The body is unable to release harmful chemicals designed to cope with short-term stress. |

Improved the thinking and reduced **Brain**: Released cortisol becomes

Sense of pain harmful to brain cells.

 Fatigue, anger and depression

 result

Improved vision **Immune system:**

 Weakened resistance to disease

 Increased oxygen intake **Intestines:**

Reduction of blood flow increases

 Chance of ulcers

 Increased heart rate and **Circulation:**

 Blood pressure Higher blood pressure and heart rate;

 damaged blood vessels

**Adrenal glands:**

Adrenaline released into body

**Intestines:** Digestion stops to allow for

Increased energy in muscles

**Hair:** Body hair stands up