**Health**

**Study Guide**

**Ch. 2/3/4**

**Terms:**

* ***Hierarchy of Needs***
* ***Competence***
* ***Resistance***
* ***Stressors***
* ***Resilient***
* ***Stress***
* ***Health Skills***
* ***Action Plan***
* ***Goal***
* ***Distress***
* ***Eustress***
* ***Self-Esteem***
* ***Self-Actualization***

***Be able to identify common stressors in teens.***

***What ARE the 3 stages of the stress response?***

***What are some stress management techniques?***

***How can stress affect you? In what ways? Etc.***

***Fill Maslow’s Hierarchy of Needs…and know what each means.***