Chapter 4 Vocabulary Worksheet

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mods:\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

1. Stress:
2. Chronic Stress:
3. Acute Stress:
4. Stressor:
5. Adapt:
6. Perception:
7. Nervous System:
8. Hormonal System:
9. Hormone:
10. Gland:
11. Stress Hormones:
12. Immune System:
13. Immunity :
14. Stress Response:
15. Alarm:
16. Resistance:
17. Recovery:
18. Exhaustion:
19. Relaxation Response:
20. Progressive Muscle Relaxation:
21. Coping Devices:
22. Displacement:
23. Venting:
24. Defense Mechanisms: