Name(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_

**How Stress Affects the Body:**

Working alone or with a partner, decide what your “teen” pictured below is going through in terms of stress (Examples: girl in a controlling relationship, an honors student, an athlete, a pregnant teen, teen with an eating disorder, a student that works). Label things that stress out “your teen” on the left side of their body and the type of stressor that it is. On the right side of the body diagram how stress effects their body. You can decorate your person however you choose, as long as it is class appropriate and symbolizes their life.

Describe your teen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stressors (and Types of Stressor) How it affects the body

