**Health Bellwork Mental and Emotional 4 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Which is NOT a source of environmental stress?

A) Illness C) Crowds

B) Noise D) Pollution

2. Which is the best way to handle stress?

A) Drink more water. C) Limit your physical activity.

B) Eat comfort foods. D) Get enough sleep

3. What is a common cause of anxiety in teens?

A) Expecting perfection C) A feeling of hopelessness

B) A rapid heart rate D) Wanting to be included

4. What is the most common psychosomatic response?

A) Headache C) High blood pressure

B) Asthma D) Weakened immune system

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