Chapter 2 Study Guide

1. The view you have of yourself is your self-concept.
2. The first and greatest influence on your self-concept when you are young is your parents/guardians.
3. Positive messages will reinforce your self-concept.
4. One way to help yourself develop a positive self-concept is to have realistic expectations.
5. The ability to like and respect yourself is called self-esteem.
6. A positive self-concept helps you make confident decisions.
7. Happiness, sadness, and anger are examples of emotions.
8. A hormone is a powerful chemical, produced by glands, that regulates many body functions.
9. Mood swings, or emotional shifts, are common for young people.
10. Talking to others, physical activity, and creating something are all ways to express your emotions.
11. Abstinence means refusing to participate in health-risk behaviors.
12. Dealing with peer pressure is easier if you practice refusal skills.
13. Your body’s response to changes around you is stress.
14. Negative stress, the kind that gets in your way and holds you back, is called distress.
15. A stressor is an object, person, place or event that triggers stress.
16. The hormone that prepares the body to respond to a stressor is called adrenaline.
17. Fatigue is extreme tiredness.
18. What is positive stress called?

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1. Why do teens go through so many mood swings?  
   Going through puberty (hormones are going through a lot of changes)
2. List 3 healthy ways deal with stress.  
   Examples: exercise, walk your dog, listen to music, take deep breaths, talk to a friend, play a game, read
3. List 2 different types of stressors that teenagers go through.  
   Examples: tests/EOGs/homework, getting lost, losing money, fighting with friend or family, competition
4. What is the chain of events called when your body responds to a stressor?

Fight or Flight response