Teacher Answer Key

Case Study

1. They started by naming the sources of her stress, then added mindfulness practices like deep breathing and meditation, regular physical activity, and firmer boundaries at work and at home.

2. Her body improved along with her stress load: her headaches decreased and her sleep quality improved once the plan was in place.

Multiple Choice

1. A

2. B

3. C

Matching

1-D, 2-A, 3-E, 4-C, 5-B

Fill-in-the-Blank

1) biopsychosocial, 2) Cognitive-behavioral, 3) stress

Short Answer (Sample Responses)

Q1: Social support can encourage group participation, such as joining fitness classes or quitting smoking as a team.

Q2: The biopsychosocial model provides a holistic understanding of health, addressing multiple influencing factors.

Q3: Strategies include setting small, achievable goals, finding an exercise partner, and choosing activities they enjoy.