Teacher Answer Key

Case Study

1. Signs of chronic stress: ongoing headaches, tight chest, trouble sleeping, constant schedule overload, emotional numbness, and withdrawing from family by hiding in the kitchen with earbuds.

2. Possible turning points: when she skipped lunch and stayed up late instead of taking breaks; when she accepted extra shifts despite already feeling overwhelmed; she could have said no, asked for help with dinner tasks, or scheduled time to rest.

Multiple Choice

1. A

2. C

3. D

Matching

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

Fill-in-the-Blank

1) fight; flight (accept: "fight-or-flight"), 2) comparison, 3) boundary

Short Answer (Sample Responses)

Q1: Accept examples such as headaches, muscle tension, upset stomach, irritability, sadness, trouble sleeping, difficulty concentrating, or feeling numb/overwhelmed.

Q2: Unhealthy coping might include skipping meals, ignoring physical symptoms, overworking, or isolating; healthier alternatives include time management, asking others to share tasks, using relaxation techniques, or reaching out to a trusted adult.

Q3: Good answers will name a concrete change (earlier bedtime, tech-free hour before sleep, regular meals, limiting social media to certain times) and connect it to benefits like better mood, more energy, or lower anxiety.