Teacher Answer Key

Case Study

1. She broke down over a small homework oversight, signaling that her emotional response was disproportionate to the situation.

2. She dropped one extracurricular and incorporated a nightly routine of journaling and stretching.

Multiple Choice

1. D

2. A

3. C

Matching

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

Fill-in-the-Blank

1) stress, 2) stressor, 3) A support system (or Support system)

Short Answer (Sample Responses)

Q1: Being active and involved can feel rewarding at first, but over time the demands can pile up, causing tension and fatigue.

Q2: Early recognition allows teens to take preventive measures—like adjusting schedules or seeking help—before stress becomes overwhelming, and it helps maintain better mental and physical health.

Q3: Physical activities release endorphins, improve sleep quality, and serve as healthy outlets for pent-up tension, all of which reduce overall stress levels.