

Stress in the Correctional Environment
STUDENT ASSESSMENT

1. What is Hans Selye's definition of stress?
2. Stress is the same as a stressor. TRUE FALSE
3. List the 6 physical reactions to stress.
 - 1)
 - 2)
 - 3)
 - 4)
 - 5)
 - 6)
4. Explain the difference between Distress vs. Eustress.
5. Identify the 3 best coping techniques for you to use in order to reduce stress.
 - a)
 - b)
 - c)