**Fear and Stress Lab**

**Name: /25**

***Flight/Fight/Freeze.*** *Below is a chart for your body’s response to harmful situations. Define what each of these responses mean and provide an example of each.* (5 Marks)

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| --- | --- | --- |
| **Flight** | **Fight** | **Freeze** |
|  |  |  |

***Balloon Test.*** *What were your reactions as Mr. Katsionis popped the first balloon? Of the five that I popped, which one did you fear the most? Was there a point in time where you stopped being afraid of the balloons? If yes, explain why and if you did not, explain why this was.* (3 Marks).

***Phobias.*** *Define what a phobia is. Give two examples of phobias and explain them.* (3 Marks).

***Classroom Study.*** *The purpose of this activity is to gauge how much of an impact your grades have on your mental health. What did this study reveal about grades vs. knowledge? Discuss if these results were surprising. How did you feel as Mr. Katsionis announced his new grading policy?* (4 Marks)

***Situational Rage.*** *Situational rage is a growing problem worldwide. Why is “instant anger” jeopardizing for your health? Why is road rage a growing concern for society? Is “blowing off steam” a viable way to deal with stress?* (3 Marks)

***Manage Stress.*** *Identify and explain three different ways we can manage stress.* (3 Marks)

***Fear vs. Stress.*** *Find an example of something (within the last year) that has caused stress to an entire community or country (Coronavirus excluded). Briefly explain the situation. Why did this cause stress for a society? Are there any positives of this stressful situation?* (4 Marks).