

HE 391 Stress Management Final – Brief Essay

Word process, double space, 12pt font answer as complete as possible.

1. **Cortisol** is a chemical that is produced in response to stress. Sustained high levels of cortisol are responsible for many health related problems. Name **four common** health problems and also identify **one** classic **“syndrome”** caused by the body unable to regulate Cortisol production therefore making **too much**.

2. Please list **five essential** foods along with their **food group** you would consider vital to a healthy diet and explain **Why** this is!

3. Please describe **five** reasons why **exercise** and an **active lifestyle** will help promote **vitality and longevity** in one’s health and have potential to reduce and minimize stress.

4. Please identify and describe **five** ways in which we can cope/deal with stress through **mindfulness** methods/approaches, in other words, ways that help us center/focus to be in the moment.

5. Please identify **five** causes of **distress** in the workplace and explain **Why** at **least one** of these causes could be viewed as **eustress** (positive stress).

6. Please list **five common barriers** to **Active Listening** and describe the **four steps** discussed in class for being or becoming a more Active Listener.