



## what causes stress?

Siguiente

✓ 2

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0



0



0



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▲ feeling tired



◆ doing sports



● playing video games



■ eating



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# What are consequences of stress?

Siguiente

1	0	✓ 1	0

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▲ studying	✗
● drug addiction	✓
◆ smiling	✗
■ feeling good	✗

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## How can you cope with stress?

✓ 1

Siguiente

0

0

0



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▲ being alone



◆ eating



● stay at home



■ talking with someone



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## What is the name for positive stress?

✓ 1

Siguiente

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0



0



0



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▲ youstress ✗

◆ ustress ✗

● iustress ✗

■ eustress ✓

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## Which cause of stress is external?

✓ 1

Siguiente

0

0

0



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▲ Health problems



◆ Lack of sleep



● unhealthy food



■ Poor work conditions



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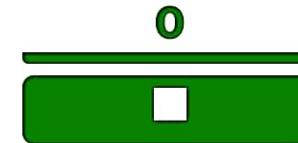
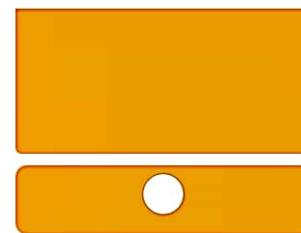
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## What cause of stress is internal?

Siguiente

✓ 1



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0

0



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▲ Physical environment



◆ Trauma, injury



● Feelings of anger, fear and worry



■ Family atmosphere



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which part of the brain is important for long term memory?



Siguiente

✓ 1

0

0

0

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▲ frontal lobes



◆ hippocampus



● brainstem



■ cerebellum



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# What are consequences of stress?

Siguiente

✓ 1

0

0

0

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▲ sensitive



◆ sensible



● sensorial



■ doing strange things



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## What are treatments for stress?

✓ 1

Siguiente

0

0

0



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▲ drinking alcohol



◆ smoking



● eating



■ meditate



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## What are bad ways to cope with stress?



✓ 1

Siguiente

0

0

0



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▲ Getting more sleep



◆ Relaxing



● Having healthy habits



■ eating fast food



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# What is a symptom of stress?

Siguiente

✓ 1

0

0

✓ 0

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▲ being energetic



◆ sleep problems



● getting an allergic reaction



■ feeling guilty



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## How was the Kahoot?

Siguiente

✓ 1

✓ 0

✓ 0

✓ 0

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▲ I have never seen something better ✓

◆ It was awesome ✓

● this kahoot is going to receive the  
nobel prize ✓

■ Brilliant Kahoot ✓

12/12

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