

## Stress Quiz Scholastic Scope Answers

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### Stress Quiz Scholastic Scope Answers

Stress Quiz Scholastic Scope Answers Stress-release strategies can help you cope with day-to-day stress so that it doesn't turn into chronic stress. Pick one of the exercises below and try it for at least 10 minutes every day for a week. Report back to your class how it helped you or not.

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That reaction could be sweaty palms and a pounding heart before a big test or a flip-flopping stomach before a basketball game. This stress response is called "fight or flight." It's a survival technique left over from the time when our ancestors lived in caves, back when humans regularly encountered giant hyenas, saber-toothed cats, and other deadly threats.

### How Stars Beat Stress - Scholastic Scope

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