Stress Through Life

How changing pressures affect the body and mind

SS24.P.18a "Identify sources of stress across the human lifespan and explain the physiological and psychological consequences of stress for health and wellness.*"

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline one source of stress for each life stage, circle two effects on the body, and put a star beside two effects on thoughts or feelings.

Different Ages, Different Pressures

1. Stress can begin long before someone can name it. A baby may face repeated disruptions in care, while a young child may feel strained by frequent moves or conflict at home. These events can make a child's stress-response system activate often. During a stressful moment, the heart beats faster and stress hormones such as cortisol help the body stay alert. Short bursts of this response can be useful. When distress is frequent and reliable support is missing, a child may have trouble sleeping or managing strong feelings. These effects can interfere with learning and healthy development.

2. For teenagers, pressure to fit in and online harassment can become major sources of stress. A teen might notice tense muscles, a racing heart, or difficulty concentrating after a threatening message. Adults often face different pressures, such as unstable work or caring for a family member. One hard shift at work may leave someone briefly alert and then ready to rest. Weeks of uncertainty, however, can keep the stress response active. Persistent stress may disrupt sleep and increase irritability or anxiety. Over time, poor sleep and prolonged stress can contribute to health problems, including high blood pressure.

3. Later in life, losing a close friend or adjusting to reduced independence can be deeply stressful. An older adult who worries about getting to appointments might sleep poorly and feel isolated. Long-lasting stress can strain the cardiovascular system and worsen existing health conditions, though it does not affect everyone in the same way. Across the lifespan, the source of stress changes, but body and mind remain connected: fatigue can make problems seem harder, and worry can make sleep more difficult. Supportive relationships, steady routines, and access to help can reduce the burden, even when a stressor cannot be removed.

2 ANSWER WITH EVIDENCE

Use the passage

1. Name one source of stress for a young child. What might happen if that stress is frequent and reliable support is missing?

2. According to the passage, how might online harassment affect a teenager's body and ability to think?

3. Identify one source of stress for adults. What physical and psychological effects might follow if stress persists?

4. Identify a source of stress in later life. Explain one possible physical effect and one possible effect on feelings.

3 YOUR TURN

Your own words

In four sentences, invent a stressor not named in the passage for a person at any age. Identify an immediate body response, explain one possible physical and one psychological effect if stress lasts for weeks, and describe one form of support.

ANSWER KEY

Stress Through Life

PART 1 · READ AND MARK

Underline one source of stress for each life stage, circle two effects on the body, and put a star beside two effects on thoughts or feelings. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	Name one source of stress for a young child. What might happen if that stress is frequent and reliable support is missing?	**Frequent moves or conflict at home may cause trouble sleeping or managing strong feelings, which can interfere with learning and development.**
2	According to the passage, how might online harassment affect a teenager's body and ability to think?	**A teenager may have tense muscles or a racing heart and may have difficulty concentrating.**
3	Identify one source of stress for adults. What physical and psychological effects might follow if stress persists?	**Unstable work or caring for a family member may lead to disrupted sleep or contribute to high blood pressure, along with irritability or anxiety.**
4	Identify a source of stress in later life. Explain one possible physical effect and one possible effect on feelings.	**Losing a close friend or adjusting to reduced independence may contribute to poor sleep or cardiovascular strain and feelings of isolation.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

A high school athlete recovering from an injury worries about losing a place on the team. Before practice, the athlete's heart races. If the worry lasts for weeks, lost sleep could cause fatigue, and anxiety could make it harder to concentrate. A coach could offer a clear recovery plan and regular check-ins to reduce uncertainty.

Accept other stress sources and effects explicitly supported by the passage. For the open task, look for a new, plausible stressor and a clear distinction between a bodily effect and an effect on thoughts or feelings.