**Grade 8 Stress Management Assignment**

Write an article for a teen magazine addressing stress management. In your article you must define stress, examine the effects of stress on the body systems (digestive, cardiovascular, endocrine, etc.), and suggest a stress management strategy to your audience. The strategy you choose could be an app, website, activity, video, etc. but you must be able to explain why your strategy can help reduce stress.

PART A: Define Stress /2

PART B: Effects of Stress /5

Give 5 or more long-term effects of stress on at least 3 different body systems.

PART C: Stress Management Strategy /7

Recommend a stress management strategy to your audience. Explain how your strategy can be used and why it may be a good stress management strategy for them. You must use facts to support your proposal.

Clearly state how your strategy can be used /4

Information is credible /4

Creativity /1

The following websites will assist you in finding factual information about your chosen topic:

<http://kidshealth.org/teen/your_mind/emotions/stress.html>

http://www.teenhelp.com/teen-stress/