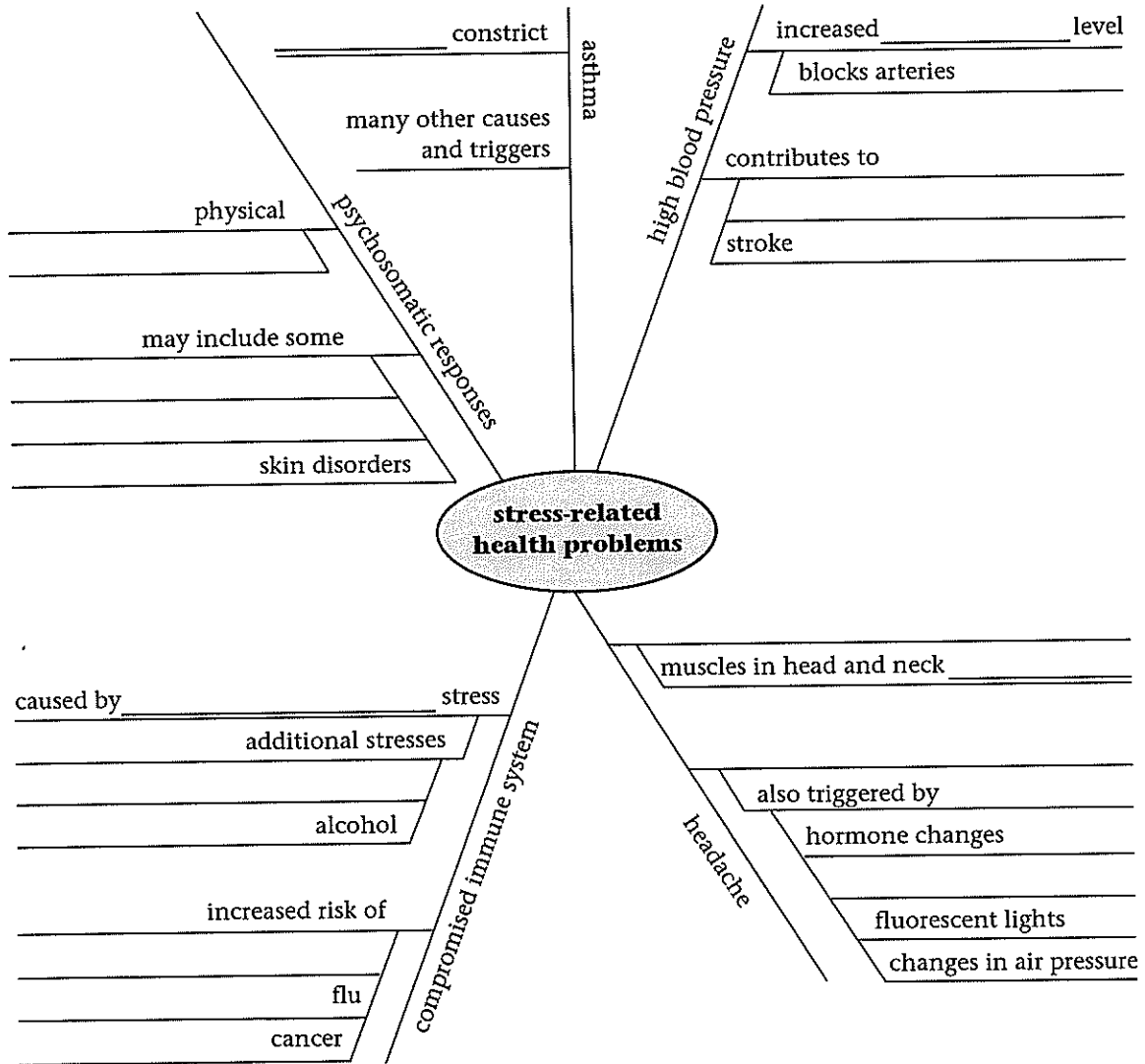


# ACTIVITY 30 Concept Map

FOR USE WITH CHAPTER 9, LESSON 2

## Stress in Your Life

**Directions** ➤ Complete the concept map on some health problems that can be related to mental and emotional stress. Use the following terms or phrases: *migraine, prolonged, colds, cholesterol, bronchioles, not imaginary, heart disease, food additives, digestive problems, sleep disorders, contract, tension-related, and tobacco.*



Why might reducing or managing mental and emotional stress promote physical health?  
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