**Title of Your Essay**

Your First and Last Name

University

HWE 415 Stress Management

Instructor Name

Due Date

# **Introduction**

# **George’s Stressors**

# **George’s Physiological, Social, and Emotional Reactions to Stressors**

## **Physiological Reactions**

## **Social Reactions**

## **Emotional Reactions**

# **Fight or Flight Response**

## **Bank Run**

## **It’s a Wonderful Life - You Realize What this means? It’s bankruptcy and scandal and prison!, You’re Worth More Dead Than Alive, and It’s a Wonderful Life Suicide Attempt Frank Capra**

# **Relationship Between Stress and Health**

# **Conclusion**

# **References**

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