

# Chapter 15 Review

Stress and Health

# Definitions of Stress (413)

- What are three different definitions of stress?
- Event, response, perception
- What is the textbook's definition of stress?
- “Stress is the anxious or threatening feeling resulting from our appraisal of a situation and our reaction to demands placed upon us.”

# Components of Stress (414)

- Define eustress.
- Eustress is “positive stress that results from the strivings and challenges that are the spice of life.”
- Give an example of eustress.
- Personal
- Define distress.
- Acute anxiety or pressure that can take a harsh toll on the mind and body.
- Give an example of distress.
- Personal

# Conflict Situations (414)

- What are the four different conflict situations and give an example of each.
- Approach-approach
- Approach-avoidance
- Avoidance-avoidance
- Double approach-avoidance

# Appraising the Situation (416)

- What are the components of an “appraisal” of a situation?
- Primary appraisal—immediate appraisal: can we meet the demands of the situation?
- Secondary appraisal—how to deal with the situation.

# Environmental Stressors (416)

- List some environmental stressors
- What are hassles?
- How can we help each other deal better with daily hassles?

# Life Changes and Stress (417)

- Explain the purpose of the Social Readjustment Rating Scale.
- How was the Social Readjustment Rating Scale made?
- What are some criticisms of the Social Readjustment Rating Scale?

# Fight or Flight (421)

- Explain the purpose of the fight or flight response.
- What is the primary hormone used in this response?



# General Adaptation Syndrome (421)

- What are the four stages of General Adaptation Syndrome?

# Emotional and Cognitive Responses (422)

- What are the three emotional responses to stress?
- Anxiety, anger and fear
- What is Post-Traumatic Stress Disorder?

# Behavioural Reactions

- List some behavioural reactions to stress.
- Development or increased frequency of habits (twirling hair, smoking...)
- Use of drugs, gulping meals, strained expression, aggression...

# Physical Reactions

- What are psychosomatic symptoms of stress?
- Real physical symptoms that are caused by stress.
- List some psychosomatic symptoms
- Headaches, stomach aches, muscle tension

# Personality Differences

- Contrast how Type A and Type B personalities deal with stress.

# Perceived Control (428)

- How does perceived control effect someone's experience of stress?

# Social Support

- What are four forms of social support?
- Emotional
- Appraisal
- Informational
- instrumental

# Coping Strategies (431)

- What are defensive coping strategies?
- Why are they not productive?
- What are active coping strategies?
- Why are they better than defensive strategies?
- What is wrong with the fight or flight response to stress?