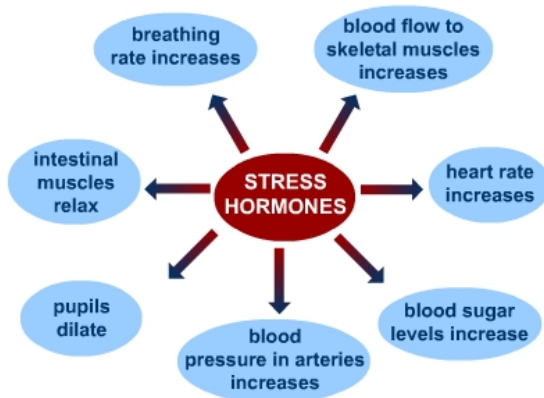


## I. Introduction

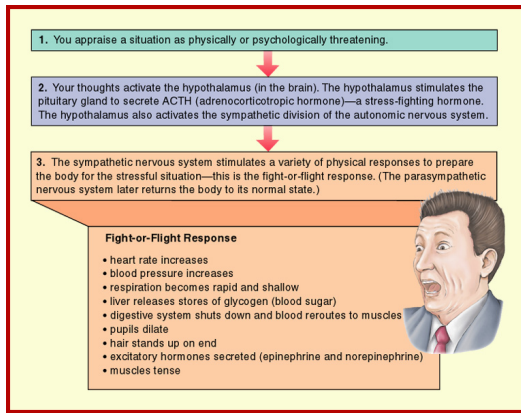
- A. A person who encounters a \_\_\_\_\_ that is intense or prolonged will \_\_\_\_\_ to it.
- B. There are a wide variety of stress reactions, and their effects range from \_\_\_\_\_ to \_\_\_\_\_.
- C. Many of the \_\_\_\_\_ responses to stress are inborn methods that probably evolved to cope with stress effectively.
- D. The ways in which different people react to stress \_\_\_\_\_ considerably; each person's response is the product of many \_\_\_\_\_.
- E. Stress reactions may be \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_, but these categories are not clear-cut.
- F. The human body is a \_\_\_\_\_ (integrated) organism, everything works together and our physical well-being affects how we think and behave.

## II. Fight or Flight Response

- A. Regardless of the stressor, the body reacts by secreting \_\_\_\_\_ that increase the amount of blood \_\_\_\_\_ and \_\_\_\_\_ in the body.



- B. These responses are designed to prepare a person for self-defense and are often called the \_\_\_\_\_.
- C. However, if stress persists for a long time, the body's \_\_\_\_\_ are used up.



### III. General Adaptation Syndrome

A. \_\_\_\_\_ (1956, 1976) identified three stages in the body's stress reaction: (1) \_\_\_\_\_, (2) \_\_\_\_\_, and (3) \_\_\_\_\_. Selye called this the \_\_\_\_\_.

B. In the \_\_\_\_\_, the body mobilizes its fight-or-flight defenses: heartbeat and breathing quicken, muscles tense, the pupils dilate, and hormones that sustain these reactions are secreted.

C. In the \_\_\_\_\_, the person often finds means to cope with the stressor and to ward off, superficially at least, adverse reactions.

D. If exposure to the stressor continues, the individual reaches the \_\_\_\_\_.

He or she becomes exhausted and disoriented and may develop delusions—of persecution, for example—in an effort to retain some type of coping strategy.

### IV. Emotional and Cognitive Responses

A. Short-term psychological stress reactions may be either \_\_\_\_\_ or \_\_\_\_\_.

B. The most common emotional response to a sudden and powerful stressor is \_\_\_\_\_, which is a feeling of an imminent but unclear threat.

C. \_\_\_\_\_ is likely to result from frustration.

D. \_\_\_\_\_ is usually the reaction when a stressor involves real danger—a fire, for example. Fear directs you to run away, but in some cases it causes one to panic or be unable to act.

E. Cognitive reactions include difficulty in \_\_\_\_\_ or thinking clearly, recurring \_\_\_\_\_, and poor \_\_\_\_\_ making.

F. Pro-longed stress, such as \_\_\_\_\_, in combination with other factors may cause emotional exhaustion and impacts one's mental health.

G. There is an increased likelihood of developing a \_\_\_\_\_ disorder following a major life change.

\_\_\_\_\_ (PTSD) is a condition in which a person who has experienced a traumatic event feels severe and long-lasting aftereffects. The event that triggers the disorder overwhelms a person's normal sense of reality and their ability to cope.

## V. Behavioral Responses

A. There are many short-term behavioral changes that result from stress, some negative and some positive.

\_\_\_\_\_ is a behavioral stress reaction, and it is often the best way to deal with frustration.

While many people can endure great amounts of stress without marked behavioral responses, others may be seriously affected. Examples include drug/alcohol abuse, or criminal behavior.

## VI. Physical Reactions

A. Your thoughts and emotions can produce physiological changes in your body such as \_\_\_\_\_ as a result of stress.

### Mild Examples:

Headaches, stomach aches, and muscle pains

More Severe Examples:

Ulcers, high blood pressure, heart disease, and asthma.

B. Stressful \_\_\_\_\_ tend to cause more illness than less stressful jobs.

C. Stress is also linked to being a contributing factor to hindering the \_\_\_\_\_ system, your body's natural defense against infection.

## VII. Factors Influencing Reactions to Stress

A. In some cases, an individual's \_\_\_\_\_ may make them more vulnerable to stress.

1. Some psychologists have suggested that people who exhibit a behavior pattern they call "Type A" are very likely to have coronary artery disease, often followed by heart attacks, in their thirties and forties.
2. Those who do not have this pattern (Type B people) almost never have heart attacks before the age of 70 (Friedman & Rosenman, 1974).

B. A Type A person's body is in a \_\_\_\_\_ state of stress with an almost constant flow of \_\_\_\_\_ into the bloodstream while Type B people are generally \_\_\_\_\_, patient, and do not easily become angry.

C. Most people respond to the world with Type A behavior at times, but they are not in a constant state of \_\_\_\_\_.

D. Psychologists disagree about both the definition of Type A personality and its relation to \_\_\_\_\_ disease.

E. Another personality trait that can affect the strength of a stress reaction is \_\_\_\_\_.

F. Some research suggests that people who neither express nor admit to strong feelings of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are more likely to develop \_\_\_\_\_ than those who vent their emotions.

## VIII. Levels of Support

A. \_\_\_\_\_ can buffer an individual from the effects of stress.

\_\_\_\_\_ (1976) has found that social support can reduce both the likelihood and the severity of stress-related diseases—a finding often replicated (Cohen, 1988).

B. \_\_\_\_\_ groups seem to offer at least four kinds of support.

1. \_\_\_\_\_ support involves concerned listening.
2. \_\_\_\_\_ support is interactive and includes questioning and providing feedback

3. \_\_\_\_\_ support emerges from appraisal support as the stressed person evaluates the manner in which he or she is dealing with stressors.
4. \_\_\_\_\_ support represents active, positive support in the form of direct help such as money or living quarters.