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**Psychology 101**

**Chapter 15 Stress and Health**

**Section 15.1 Reading Guide**

1. Explain what a stressor is:

Things that stress you out.

2. Positive events produce less psychological distress and fewer physical symptoms.

3. Why are positive events included in the CUSS?

4. People who report having many daily hassles also report what?

5. Many chronic stressors are linked to environments.

6. Explain how perceived control works:

Section 15.2 Stress Reactions: All Shook UP

7. Stress can produce changes in every system of the body and mind, stimulating both physical and psychological reactions.

8. Describe how the fight-or-flight response works: (Include an explanation of HPA axis)

Brain activation occurs in the hypothalamus, leading to lots of things including stimulation of pituitary gland, then the adrenal glands get going. These glands release hormones which increase the sympathetic nervous system and decrease para sympathetic activation. The adrenals also release cortisol to fuel the muscles.

9. What are the three phases of the general adaptation syndrome (GAS)? Explain how the syndrome works.

Alarm phase: body gets ready, Resistance phase: body adapts as it tries to cope with the stress

Exhaustion: susceptibility to infection, aging, organ damage, or death

10. Experiments on which animal led to the GAS? Rats

11. How does stress affect the immune system? Leads to hormones flooding brain and causing wear to the immune system, so can’t fight off invaders.

12. How might the effect of stress on the immune system help to explain why social status is related to health?

Those in LSE status more stress, more illness

13. Explain how stress can lead to a heart attack:

Prolonged arousal of the sympathetic nervous system raises blood pressure and can damage blood vessels.

14. Explain why Type A people are more likely to have a heart attack than Type B people.

Type A are more hostile.

15.What is primary appraisal? The interpretation of a stimulus as stressful or not.

16. What is secondary appraisal? Determining how you can handle the stressor

17. Name some symptoms of PTSD:

Flashbacks, unwanted thoughts of trauma, images of trauma, anxiety

18. What neurological condition may be related to susceptibility to PTSD?

Smaller hypocampus

19. Which type of job is most susceptible to burnout? Service jobs

20. What are some theories about causes of burnout?

1. Defining oneself by your career only

2. some jobs lead to burnout no matter what, so stress management techniques are needed.