PsychSim 5: ALL STRESSED OUT

Name:		Section:	
Date:			
psycho-social process.	You will explore the sources of s	eptualize stress, emphasizing that stress is stress in your own life, review your body sal dramatically affects how much stress	's
Checking the Level o • What was your '	f Stress in Your Life 'Stress Test' score?	_	
• Do you think the included?	at such a test accurately captures	your experience? What other stressors sh	ould be
Stress, Stressors, and • Psychologists di	1 0	tress. What does each of these terms mea	ın?

The General Adaptation Syndrome

• Describe Selye's general adaptation syndrome.

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The Biology of Stress

• Al	Ithough both men and women experience the fight-or-flight syndrome, some scientists argue that omen also can experience stress differently (tend-and-befriend). Briefly explain this hypothesis.
	an you think of why this alleged gender difference in fight-or-flight and tend-and-befriend may nake sense" from an evolutionary perspective?
• Oi	utline the body's two-part endocrine response to stress.
Stress H	Iarms Your Body's Organ Systems
	st the effects of stress on:
	o the heart
,	o the digestive tract
	o the brain

Cognitive Appraisal – The Filter Through Which Stressors Are Processed

• According to the transactional model, what triggers the process of stress?