**Study Guide**

**Chapter 11 : Stress & Health**

**Introduction to Psychology**

 1. Define stress, stressors, distress and eustress.

 2. What is a catastrophe? What is the SRRS and what types of stressors are recorded on it?

 3. What are hassles? What is pressure? How does the level of controllability affect the level of stress?

 4. What are three possible reactions to frustration?

 5. Describe four kinds of conflict that produce stress.

 6. What part of the nervous system translates stress into physiological arousal?

 7. What is the General Adaption Syndrome? You should be able to recognize the stages of the GAS.

 8. What is the immune system and how is it affected by stress? How does stress lead to coronary heart disease?

 9. What do health psychologists study?

10. Richard Lazarus talked about cognitive appraisal? What is it, and what do we evaluate during the primary and secondary phases of cognitive appraisal?

11. What are the differences among the Type A, Type B, Type C, and Hardy personality types? Which group is most heart-attack prone, and what is the chief factor in this?

12. Describe the differences between optimistic and pessimistic thinking or explanatory styles? Which one leads to less stress, more success?

13. What is the difference between problem-focused and emotion-focused coping?

14. What is social support and how does it affect stress?

15. Do people who have strong religious beliefs tend to cope better or worse with stressful events?

16. What is mindfulness meditation?