**Study Guide**

**Chapter 9: Stress & Health**

1. What is behavioral medicine? What is the bio psycho social model?

2. What is stress, and what is a stressor? What types of events are stressors? What determines whether an event will be a stressor for a person?

3. What is the crucial link between brain and mind as they function as a single, psychosomatic network?

4. What are thoughts in a more physical sense?

5. Negative emotions are \_\_\_\_\_\_\_-based, while positive emotions are \_\_\_\_\_\_\_\_\_-based.

6. What structure in the brain translates thoughts and emotions into a physical response?

7. What is the General Adaption Syndrome and who wrote this model? You should be able to recognize the stages of the GAS.

8. What are psychophysiological/psychosomatic illnesses? Which two bodily systems are most affected by stress?

9. Richard Lazarus talked about cognitive appraisal? What is it and what do we evaluated during cognitive appraisal?

10. What happens to accepted information? What happens to rejected information? How do emotions relate to this?

11. What is the difference between primary and secondary appraisal?

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

13. How do predictability and control of an event affect its potential to become a stressor? When you doubt your ability to control a stressor, what kind of coping is usually used? What is locus of control? What leads to learned helplessness?

14. What is Type A vs. Type B personality? How is it related to the likelihood of getting coronary heart disease? What is the key variable?

15. Describe the differences between optimistic and pessimistic thinking or explanatory styles? Which one leads to less stress, more success? How can these thought or behavior patterns/attitudes be changed?

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

17. How do aerobic exercise and relaxation training affect stress?