

Stress, Coping and Health
Santrock Chapter 15 (52 points possible)

1. Define stress and discuss personality, environmental and sociocultural factors that contribute to stress. (4 points)
2. Describe Selye's General Adaptation Syndrome [GAS]. (3 points)
3. Define "fight or flight" and "tend and befriend" and discuss the differences between these two responses to alarm. (3 points)
4. Discuss Lazarus' Cognitive Appraisal theory. How does cognitive appraisal influence reaction to stress and alarm? (3 points)
5. Discuss how stress and illness are linked. Include the influence of stress on the immune system, cardiovascular disease and cancer. (5 points)
6. Discuss recent studies on the role of positive emotions on illness and health. (2 points)
7. Define problem focused coping and emotion-focused coping. Which is most effective? Why? (3 points)
8. How can self-talk be used as a coping strategy? (1 point)
9. How do illusions about ones' self influence self-esteem? What is the most effective perception of self? (2 points)
10. What role does self-efficacy play in coping? (1 point)
11. Define social support. Discuss the three benefits of social support. (4 points)
12. How do social ties correlate with coping and stress? (2 points)
13. Respond to the questions on page 627 "Dealing with Conflict". Summarize the results. Using the strategies discussed for becoming more assertive, evaluate your results. Are you satisfied with the results? Is so, why? If not, how can you improve ways you deal with conflict? (6 points)
14. Discuss the following stress management programs – meditation, transcendental meditation and biofeedback. How does each reduce stress? (4 points)

Define the following terms and discuss how each relates to stress, anxiety or mental health. (1 point each)

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| 15. Assimilation | 19. Acute stressors |
| 16. Integration | 20. Chronic stressors |
| 17. Marginalization | 21. Coping |
| 18. Psychoneuroimmunology | 22. Cognitive restructuring |