Complete the following:

"**Burnout** is a state of emotional and physical …" (490)

"**Stress** is a …

"According to Hans Seyle … **stress** is a …"

"Theorists who consider stress as a response define a **stressor** as an …"
Question: What is the general adaptation syndrome?

[Description] General adaptation syndrome. (491-493)

[Description] The Holmes-Rahe Scale. (493)
LAZARUS AND STRESS.

Question: What is Richard Lazarus's contribution to the investigation of stress?

THE HASSLES SCALE.

Question: What is Richard Lazarus's "hassles" scale?

Sources of Stress

CATASTROPHES AND STRESS.

"How do people respond to catastrophes?"

[Illustrations] Catastrophes and stress.
UNHEALTHY ENVIRONMENTS AND STRESS.

"Some environments may be hazardous to people's health."

[Illustrations] Unhealthy environments and stress. (497-498)

DISCRIMINATION AND STRESS.

"Discrimination and unfair treatment are factors in feeling stressed … "

[Illustrations] Discrimination and stress. (498-499)
PERSONAL FACTORS AND STRESS.

"Workplaces are environments and may contain environmental stressors …"

[Illustrations] Personal factors and stress.

"Marriage is celebrated as a positive event in many cultures. Nonetheless, adjusting to married life means becoming familiar with new experiences, responding in new ways, and having less control over many aspects of day-to-day life—all of which can be stressful."

PERSONAL FACTORS AND STRESS.
(Continued)

"Lack of time is another common source of stress."

[Illustrations]  Deadlines and stress.

"Stress affects children as well as adults."

[Illustrations]  Stress in children.

Responses to Stress

"People respond to stress on physiological as well as behavioral and psychological levels …"

"The basic idea underlying the work of many researchers is that stress activates physiological responses that can result in disease."
THE PHYSIOLOGY OF STRESS.

"Physiologically, the stress response is characterized by arousal of the sympathetic division of the autonomic nervous system."

BEHAVIOR AND STRESS.

"Behaviorally, stress and arousal are related."
"... stress has a relationship to many diseases ..."

**HEART DISEASE AND STRESS.**

[Illustrations] Heart disease and stress. (503-504)

**STRESS AND INFECTIOUS DISEASE.**

"Stress is related to the development of disease through its effect on the immune system, the body's defense against infection."

[Illustrations] Stress and infectious disease. (504-505)
Question: What is psychoneuroimmunology?

Coping

"Everyone needs a way to cope with stress, and most people use a variety of strategies."

"People may not be aware that they choose among various ways to cope, but they do."

"Coping strategies need to be tailored to the individual and the situation—and some strategies are better than others."
What is Coping?

Complete the following:

"In general, *coping* means …"

"However, for a psychologist, *coping* is the process by which a person takes some action to …"

"The definition of coping involves five important assumptions."
Factors That Influence Coping

[Illustrations] Factors that influence coping.
Coping Strategies

"Coping strategies are the techniques people use to deal with the stress of changing situations."

- EMOTION-FOCUSED COPING.

[509-510] (509-510)

[510-511] (510-511)
PROBLEM-FOCUSED COPING.

"Most psychologists recommend problem-focused coping for managing stress."

[Illustrations] Problem-focused coping.

PROACTIVE COPING.

Question: What is proactive coping?

[Illustrations] Proactive coping.
"The process of stress inoculation is a therapeutic technique developed to help people cope with stress."

Question: What is health psychology?
"Research has demonstrated that healthy-related behaviors have a large influence not only on healthy but also on life expectancy."

■ HEALTH-RELATED BEHAVIORS.

[Illustrations] Health-related behaviors. (514)

■ PREVENTING AIDS.

[Illustrations] Preventing aids. (515)
■ BARRIERS TO ADOPTING HEALTH-PROMOTING BEHAVIORS.

"People usually know about healthy lifestyles, but they are stuck with habits that increase their risks for disease and death."

[ Illustrations ] Barriers to adopting health-promoting behaviors. (516)

The Psychology of Being Sick

"Health psychologists are concerned not only with the links between stress and illness but how people cope with illness when it occurs."

■ SEEKING MEDICAL CARE.

"When do people seek medical care? What variables prompt a person to get help?"

[ Illustrations ] Seeking medical care. (516-517)
THE SICK ROLE.

Question: What is the sick role?

COMPLIANCE WITH MEDICAL ADVICE.

"Getting people to adhere to health regimens or to follow their physicians' advice has long been a focus of health psychologists because it is a persistent problem for medical treatment."

[Illustrations] Compliance with medical advice.
Health Psychology and Healthier Lifestyles

"Health psychologist focus on research to help them understand health-related behaviors, and they devise and implement interventions to bring about changes for healthier lifestyles."

■ PAIN MANAGEMENT.

"Psychologists work to help … individuals manage … pain."

[ Illustrations ]  Pain management.  (520)

■ WORKPLACE WELLNESS PROGRAMS.

" … psychologists have devised many techniques that can be applied to stress management."

[ Illustrations ]  Workplace wellness programs.
COMMUNITY INTERVENTIONS.

"To manage existing health problems and help prevent disease, behavioral interventions are necessary and important."

Health Psychology and the Future

Question: What does the future hold in store for health psychology?