

Exam 4 Study Guide

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Chapter 13: Stress and Health



Definition of stressors, stress, chronic stress, perceived control and examples

- **Stressors:** specific events or chronic pressures that place demands on a person or threaten the person's well-being
 - Can be good, but also out of bad things
 - The "thing" (ex: exams, getting a job, where you're going to live)
 - Isn't going to give the same stress to everyone
- **Stress:** the physical and psychological response to internal or external stressors
 - The reaction to the "thing"
 - How you handle stressors, how you deal with
 - People react differently to different stressors, everyone interprets differently
- **Chronic stressors:** sources of stress that occur continuously or repeatedly
 - Health problems, bad relationships, etc.
 - Effects can accumulate and be long-lasting.
 - Chronic stressors have been shown to be linked to environments through environmental psychology.
- **Perceived controls**
 - Stressors challenge you to do something about it – having lack of control over the situation can add to the stress.
 - Studies show that perceived control over stressful events can be related to more effective coping



Learned helplessness

Perceived Control over Stressors and Learned

Psychology Stress Health Study Guide Answers

Annelies Wilder-Smith



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