

## PsychSim 5: ALL STRESSED OUT

Name: \_\_\_\_\_

Section: \_\_\_\_\_

Date: \_\_\_\_\_

This activity examines the way that psychologists conceptualize stress, emphasizing that stress is a bio-psycho-social process. You will explore the sources of stress in your own life, review your body's response to stress, and then learn how cognitive appraisal dramatically affects how much stress you actually experience.

### **Checking the Level of Stress in Your Life**

- What was your "Stress Test" score? \_\_\_\_\_
- Do you think that such a test accurately captures your experience? What other stressors should be included?

### **Stress, Stressors, and Coping**

- Psychologists differentiate stressors, strain, and stress. What do each of these terms mean?

### **The General Adaptation Syndrome**

- Describe Selye's general adaptation syndrome.

### **The Biology of Stress**

- Although both men and women experience the “fight-or-flight” syndrome, some scientists argue that women also can experience stress differently (“tend-and-befriend”). Briefly explain this hypothesis.
  
- Can you think of why this alleged gender difference in fight-or-flight and tend-and-befriend may “make sense” from an evolutionary perspective?
  
- Outline the body’s two-part endocrine response to stress.

### **Stress Harms Your Body's Organ Systems**

- List the effects of stress on:
  - the heart
  
  - the digestive track
  
  - the brain

### **Cognitive Appraisal—The Filter Through Which Stressors Are Processed**

- According to the transactional model, what triggers the process of stress?