

Exam 4 Study Guide

Monday, April 18, 2022

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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 And Health Study Guide Answers

Anita Duncan Laton



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