

10. Prolonged stress due to sustained military combat would most likely be associated with a decrease in the size of a brain structure vital to:
- memory.
 - motor reflexes.
 - sexual behavior.
 - speech production.
11. The death of a loved one and divorce are examples of which stressor category?
- daily hassles
 - significant change
 - catastrophe
 - disaster
12. Depression, decreased performance or productivity, and cynicism are often the result of:
- drive-reduction.
 - burnout.
 - regression.
 - general adaptation syndrome.

- C
- A
- B
- B
- B
- B
- A
- B
- A
- A
- B
- B

Indicate whether the following effects from stress are in which category?

C – cognitive E – emotional B – behavioral P – physical

- B 1. Development of nervous habits such as pacing or nail biting
- B 2. Change in eating habits
- E 3. Short temper and increased agitation
- C 4. Having a pessimistic and negative outlook
- C 5. Problems with memory
- P 6. Increased nausea or dizziness
- B 7. Need or dependency of alcohol or drugs
- E 8. General unhappiness, even depression
- P 9. Frequent colds that don't seem to go away
- B 10. Changes in sleeping habits.

- health psychology
- Hans Selye
- Walter Cannon
- Burnout
- Daily stress
- negative
- optimists
- pessimists
- Health
- illness

Matching

Pessimists	health	health psychology
Burnout	negative	illness
V/alter Cannon	Hans Selye	
Daily stress	optimists	

- An area of psychology that would be interested in coping with stress.
- Person responsible for the GAS theory.
- Person responsible for studying stress hormones and the body's reaction of fight or flight.
- A state of physical, mental and emotional exhaustion.
- Burnout is most likely to develop from this.
- The negative effect of every stressor in our lives is magnified if we think of the stressor this way.
- These people tend to recover from heart surgery better.
- These people tend to have weaker immune systems.
- Seeing stress as a challenge is usually leads to this.
- Seeing stress as a threat is usually leads to this.

True or False?

- T 1. Over 60% of people experience physical or psychological symptoms of stress.
- F 2. Fight or flight originates in the hippocampus.
- F 3. GAS stands for alarm reaction, panic, and exhaustion.
- F 4. Catastrophes are most connected to burnout.
- T 5. Our bodies are built to handle temporary stress.
- F 6. If your mother's level of optimism is high, chances are that your level is low.
- F 7. Pessimistic students seem to have a stronger immune system because they don't let things get to them.
- T 8. Surgical wounds heal more slowly under stressful conditions.
- T 9. There is a strong correlation between stress and the development of mental illness such as anxiety and depression.
- T 10. Chronic stress affects the balance in the brain which could lead to learning disabilities.

... is Type A and pessimistic? Is their health in danger? How?