

Module:
Psychological Foundations of Mental Health

Week 4:

Beyond basic cognition and emotion



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Topic 2:
Evaluation: interpretation and appraisal

Part 2 of 3

Stress and coping

Appraisals of our environment

- Influence how we feel
- How we feel influences how we appraise the environment


How can we promote happiness and wellbeing?
Stress

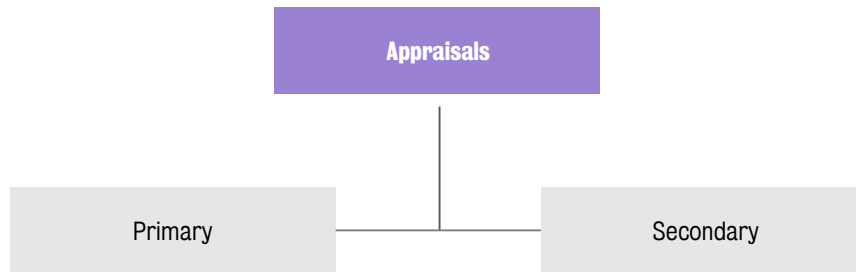
Appraising events as harmful, threatening, or challenging; events that are perceived to tax or exceed one's resources


Coping

The process of trying to manage demands that are appraised as taxing or exceeding one's resources

Lazarus' (1966): Cognitive-motivational-relational theory (1)

How do people process potentially stressful experiences?



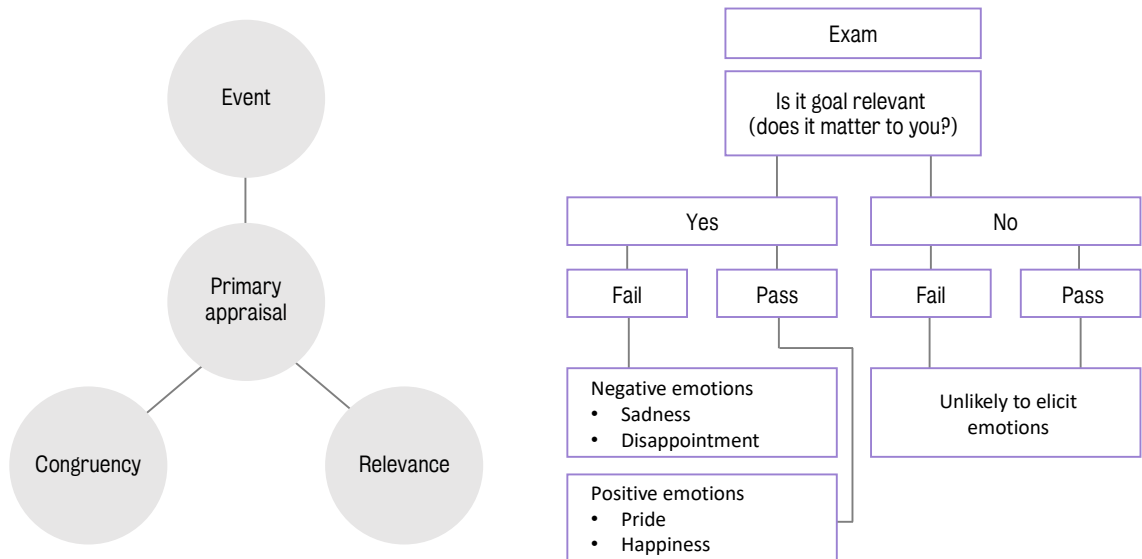
Lazarus (1966)

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Lazarus' (1966): Cognitive-motivational-relational theory (2)



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Lazarus' (1966): Cognitive-motivational-relational theory (3)

