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| 1. When did you most recently experience stress? Explain your stress appraisal and stress reaction, and identify the stressor. What type of stressor did you experience and why would you classify it in this way?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 2. Name the three types of stressors and provide an example of each. Describe any stress you have experienced within one of the categories.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 3. Identify the phases of Hans Selye’s general adaptation syndrome and give an example of each phase.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 4. Describe the focus of the field of psychoneuroimmunology and give some examples of its research.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 5. Gerald has been experiencing increased stress lately. Because of the restrictions of the COVID-19 pandemic, he lost his job. He can’t afford to pay his rent and so has received an eviction notice. He recently came down with the flu. Explain how his increased stress may have increased the likelihood that he would become sick.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 6. There's a dramatic increase in the likelihood of a person becoming ill or dying the year following the death of a spouse. Describe some of the specific biological and psychological processes that may contribute to this effect.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 7. Outline how experiencing stress can negatively affect the immune system.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 8. Persistent stress can influence not only our biological functioning but also our behavioral lifestyles. Describe how both of these factors help to account for the link between prolonged stress and an increased risk of coronary heart disease.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 9. Explain why stress, by itself, does not *cause* illness.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 10. Liam is really angry because his husband spent half an hour talking with his ex-husband, Noah, at last night’s community meeting. A friend suggests that Liam ought to get the anger out his system by repeatedly pounding a punching bag while he imagines that he is hitting his husband. Explain why this might be an ineffective way for Liam to reduce his anger. Suggest better ways.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 11. Your friend Sophia tells you that “you can best handle stress by changing the stressor or the way you interact with that stressor.” Evaluate both the strengths and the weaknesses of your friend’s position in light of the distinction between problem-focused coping and emotion-focused coping.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 12. Describe two continuing sources of stress at this time in your life. For each source of stress, propose a specific problem-focused or a specific emotion-focused coping strategy that is likely to effectively reduce your stress.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 13. Describe how a friend with an external locus of control approaches a specific stressful situation. Identify how someone with an internal locus of control approaches a specific stressful situation. What are the consequences of these two different approaches for the two individuals described? What life experiences might have contributed to their external or internal approaches to their specific situations?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 14. Outline how self-control is important to health and how it can be strengthened and how it is depleted.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 15. Isabella is a 70-year-old woman with lung cancer. She is able to stay in her home because her daughter lives with her and cares for her. She has an optimistic outlook on life despite having little control over her daily activities. Her grandchildren visit weekly, and she looks forward to their visits. Explain how optimism, social support, and having a lack of control over her environment will affect her health.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 16. It seems to be well established that aerobic exercise is an effective way in which to manage stress and improve general well-being. Explain why this is so. Make sure to use research cited in the text to support your answer.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 17. Advik has a full-time job and is a single parent with two young children. He is extremely stressed. Explain how exercise and relaxation techniques could help reduce his level of stress.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 18. Use your understanding of our biological responses to stressful situations to explain why relaxation and mindfulness meditation are associated with reduced stress and better health.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 19. How would you best describe the faith factor?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 20. Explain the feel-good, do-good phenomenon, and provide an example.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 21. Professor Balantac is giving a presentation on subjective well-being and happiness. What information is he likely to include in his discussion?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 22. Identify the three pillars of positive psychology and describe how you might apply them in your life.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 23. Explain the relationship between financial wealth and long-term happiness.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 24. It’s December and Skylar has just moved from cold, snowy Massachusetts to warm, sunny Florida. At first, the weather seems much too warm to her. After a year in Florida, she complains that anything below 70 degrees is way too cold. Use the adaptation level phenomenon to explain why Skylar has changed her attitude.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 25. Dave, a 50-year-old carpenter, is unhappy about his annual earnings, although it is the most he has ever earned. His wife, Milly, suggests that he recall how little he earned at the age of 30. She also recommends that he watch a video about people who are starving in Africa. Use your understanding of psychological principles to explain why Milly’s suggestions might help to increase Dave’s feelings of economic satisfaction.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 26. What are some things that you can do to improve your own level of happiness?   |  |  | | --- | --- | | *ANSWER:* |  | |