

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

# Chapter 12 Health, Stress, and Coping

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|---|------------------------------------|
| 1. The subfield of psychology that investigates the relationship between people's behaviors and their health.                     | A. Coping                          |
| 2. Any event or environmental stimulus (stressor) that we respond to because we perceive it as challenging or threatening.        | B. General Adaptation Syndrome     |
| 3. A change in one's life, good or bad, that requires readjustment.   | C. Life Event                      |
| 4. The everyday irritations and frustrations that individuals face.   | D. Cognitive Reappraisal           |
| 5. The capacity to adapt well to significant stressors.   | E. Avoidance-avoidance Conflict    |
| 6. A situation in which a person must choose between two or more needs, desires or demands.                                       | F. Secondary appraisal             |
| 7. A situation in which a person must choose between two likable events.  | G. Emotion-Focused Coping          |
| 8. A situation in which a person must choose between two undesirable events.  | H. Psychoneuroimmunology           |
| 9. A situation in which a person is faced with a desire or need that has both positive and negative aspects.                      | I. Social Support                  |
| 10. A situation that poses several alternatives that each have positive and negative features.                                    | J. Approach-Approach Conflict      |
| 11. Our initial interpretation of an event as irrelevant, positive or stressful.  | K. Health psychology               |
| 12. An evaluation of resources available to cope with a stressor.   | L. Problem-Focused Coping          |
| 13. The general physical responses with experience when faced with a stressor.  | M. Exhaustion Stage                |
| 14. The first phase of the general adaptation syndrome characterized by immediate Activation of the nervous and endocrine system. | N. Stress                          |
| 15. The second phase of the general adaptation syndrome in which the nervous and endocrine systems continue to be activated.      | O. Progressive Relaxation Training |

16. The third and final phase of the general adaptation syndrome, in which bodily resources are drained and wear and tear on the body begins.	P. Primary appraisal
17. The field of study that investigates the connections among psychology (behaviors, thoughts, emotions), the nervous system and immune system functioning.	Q. Immunosuppression
18. The reduction in activity of the immune system.	R. Daily Hassles
19. The behaviors that we engage into manage stressors.	S. Conflict
20. Behaviors that aim to control or alter the environment that is causing stress.	T. Guided Imagery
21. Behaviors aimed at controlling the internal emotional reactions to a stressor.	U. Resistance Stage
22. An active and conscious process in which we alter our interpretation of a stressful event	V. Resilience
23. Unconscious, emotional strategies that are engaged in to reduce anxiety and maintain a positive self-image.	W. Defense Mechanisms
24. A stress management technique in which a person learns how to systematically tense and relax muscle groups in the body.	X. Approach-Avoidance Conflict
25. Having close and positive relationships with others.	Y. Multiple Approach-Avoidance C
26. A technique in which you focus on a pleasant, calming image to achieve a state of relaxation when you feel stressed.	Z. Alarm Reaction