

PsychSim 5: ALL STRESSED OUT

Name: _____ **Section:** _____

Date: _____

This activity examines the way that psychologists conceptualize stress, emphasizing that stress is a bio-psycho-social process. You will explore the sources of stress in your own life, review your body's response to stress, and then learn how cognitive appraisal dramatically affects how much stress you actually experience.

Checking the Level of Stress in Your Life

- What was your "Stress Test" score? _____
- Do you think that such a test accurately captures your experience? What other stressors should be included?

Stress, Stressors, and Coping

- Psychologists differentiate stressors, strain, and stress. What does each of these terms mean?

The General Adaptation Syndrome

- Describe Selye's general adaptation syndrome.

