Introduction to Psychology
Ch.14: Stress & Health Outline

I. Stress & Health Psychology Definitions
   A. Stress
      1. Stressor
      2. Eustress
      3. Distress
   B. Health Psychology

II. Sources of Stress
    A. Catastrophes
    B. Significant Life Changes
    C. Hassles & Burnout
       1. Hassles
       2. Persistent work hassles can lead to burnout

III. Effects of Stress
     A. Stress & Sympathetic Nervous System
     B. Stress & the HPA Axis
     C. Stress & the Immune System
     D. Hans Selye’s General Adaptation Syndrome (GAS)
        1. Alarm Reaction
        2. Resistance Phase
        3. Exhaustion Phase

IV. Stress & Serious Illness
    A. Cancer
    B. Cardiovascular Disorders
       1. Type “A” Personality
          a. Cynical hostility
       2. Hardiness
    C. AIDS

V. Coping with Stress
   A. Emotion-focused Coping
      1. Relaxation & Biofeedback
      2. Exercise
      3. Humor
      4. Social Support
      5. Spirituality

   B. Problem-focused Coping

VI. Health Psychology
    A. Smoking
       2. Best way to quit
       3. Smoking prevention
    B. Binge Drinking
    C. Nutrition
    D. Obesity & weight control