

Guided Reading Activity 15-3

Coping With Stress

For use with textbook pages 430-435

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

active	environment	muscle
challenge	exercise	physical
coping	exposure	setback
detached	impact	sounds
drugs	mental	

Psychological Coping Strategies

Our cognitive appraisal of an event helps to determine its stress 1 impact.
 2 Drugs can affect cognitive appraisal. We can also influence our cognitive appraisal by means of defensive 3 coping strategies. Intellectualization is a defensive strategy in which a person watches the situation from an emotionally 4 detached standpoint. Both denial and intellectualization can prevent 5 physical reactions to stress.

Is something a challenge or threat?

Neutral Analysis

By appraising a situation as a challenge and not a threat, we can adopt 6 active coping strategies. These coping strategies involve changing our 7 environment or modifying a situation to remove stressors or reduce the level of stress.

Escape or withdrawal can be an effective way to control our 8 exposure to stressful events and thereby reduce levels of stress. Regarding frustrations or conflicts as problems to be solved means the situation becomes a 9 challenge rather than a 10 setback.

Progressive relaxation can serve as a coping technique by helping reduce 11 muscle tension. 12 Mental relaxation involves conjuring up images and then letting them go. Biofeedback, often in the form of 13 sounds, can help people bring specific body processes under conscious control. 14 Exercise can provide an outlet for physical appraisal and may burn off stress hormones.

Copyright © by The McGraw-Hill Companies, Inc.

Stress : Coping Strategies

1. Hardiness

- personality traits of control, commitment, and challenge
 - Control = ability to affect the outcome of a situation
 - Commitment = pursuing goals
 - Challenge = actively confront and solve problems

2. Controlling Stressful Situations

- escape or withdrawal of a given situation (stressor)

3. Problem Solving

- analysis and confrontation of a given situation (stressor)

4. Explanatory Style

- style of thinking
 - Optimist = positive outlook on life (*The glass is half full.*)
 - Pessimist = negative outlook on life (*The glass is half empty.*)

5. Relaxation

- progressive relaxation = lying down comfortably and tensing and releasing the tension of muscles
- meditation = clearing one's mind to seek inner peace

6. Biofeedback

- using machines to monitor and control bodily states
- effective to train people to relax

7. Humor

- Laughter releases tension and suppressed feelings (*The best medicine.*)

8. Exercise

- physical arousal burns off stress hormones and improves respiratory and cardiovascular health

9. Support Groups

- networks that help deal with specific stress-related problems
 - Examples* = Alcoholics Anonymous, Weight Watchers, Al-Anon

10. Training

- training and preparation for a situation reduces the stress

11. Improving Interpersonal Skills

- developing skills to understand and relate to others and one's self