

Guided Reading Activity 15-1

Sources of Stress

For use with textbook pages 413-419

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

appraise	conflicting	feel
attractive	death	hassle
changes	doubts	reactions
cognitive	environmental	unattractive

Components of Stress

Stress refers to a person's 1 reactions—whether perceptual, cognitive, physical, or emotional—to a stressor. "Complete freedom from stress," notes one psychologist, "is 2 death." According to the 3 cognitive model of stress, people analyze and then evaluate a situation before labeling it as "stressful."

distress
- acute anxiety or pressure
eustress
- positive stress - motivations + challenges

Conflict Situations

4 Conflicting motives are a major source of stress. In an approach-approach conflict, the individual must choose between two 5 attractive alternatives. An avoidance-avoidance conflict occurs when an individual confronts two 6 unattractive alternatives. An individual who wants to do something but has 7 doubts about it at the same time is experiencing an approach-avoidance conflict. The level of stress you feel depends on how you 8 appraise the situation.

study watch T.V.
Race Cut finger
Game Test
where to go for dinner
which job or college
lessor of two evils (Gore/Rush)
School or Dentist

asking for a raise
↓
being fired

Double Approach-Avoidance
- many options with positive + negative results
Buying a car

Environmental Stressors

9 Environmental conditions such as noise and crowding may cause stress. Problems occur not when you are crowded, but when you 10 feel crowded. Major life 11 changes, such as marriage or a new job, are also sources of stress. Losing your car keys is an example of a minor, everyday stressor, or 12 hassle.

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Problem with cities

Fish bubbler

- Don't worry about the little things.
- There are always going to be little things.

Stress Redefinition
Thomas Hobbes + Richard Hare
AMZ