

Guided Reading Activity 15-2

Reactions to Stress

Fast-food work = Is it healthy?

For use with textbook pages 420-429

Directions: Recalling the Facts Use the information in your textbook to answer the questions.

1. Why can't stress reactions be clearly categorized as physical, psychological, or behavioral? _____

Human body is holistic (all-in-one)
Physical well-being affects how we think and behave

Natural instinctive defense mechanism

2. What physical reactions occur when a person is faced with any stressor? immediate arousal
Adrenal glands release adrenaline, which ↑ heart rate, breathing

3. Why is the body's response to stress called the "fight-or-flight response"? Body is preparing for self-defense
(flight = run away, fight = take a stand)

4. What are the stages of the general adaptation syndrome? 1. Alarm - fight or flight defenses
2. Resistance - cope with stressor 3. Exhaustion - when stress continues

5. What happens to the body when exposed to continuous stress for a very long time? Adrenal glands maxed out / Causes exhaustion, disorientation, delusions

6. What is the difference between anger and fear? Anger = reaction to frustration
Fear = reaction to real danger (mind tears)

Stage fright

7. What are some short-term cognitive stress reactions? 1. Difficulty in concentrating / thinking
2. Recurring thoughts 3. Poor decision making

8. What are some short-term behavioral changes that result from stress? 1. Developing nervous habits
2. Gulping meals 3. Smoking + Drinking + Drugs 4. Tired for no reason

9. What are some examples of "escapist" personality styles that severe stress may foster? Alcoholism / Drug Addiction / Chronic Unemployment / Attempted Suicide

headache
Stomachaches
muscle pain

10. Are psychosomatic symptoms real or imagined? Explain. Real physical symptoms that are caused by stress or tension.

11. Why are people with Type A personalities likely to have coronary artery disease at an early age? Have a constant flow of adrenaline, which acts with cholesterol to block arteries.

12. What is the likely link between physical disorders and control over stressors? Physical disorders = result from lack of control of stressors

13. How does social support affect stress-related diseases? Social support can reduce both the likelihood and severity of stress-related diseases

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