Live! Psych: Health, Stress and Well-Being Ch. 15

Name:_____ ID:_____

Course: Psych 1200 Section: _____ Date:_____

Simulation: Stress and Selye's General Adaptation Syndrome

1. How can stress be adaptive?

2. Explain "fight or flight" responses.

3. What is happening to your body during different stages of *Selye's General Adaptation Syndrome*?

   Alarm stage:

   Resistance stage:

   Exhaustion stage:

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Simulation: Stress amd the Immune System

1. What are the three elements of the HPA axis and what do they do?

2. Briefly describe the sympathetic system.

Experiment: Stress and Health

1. List the positive events and negative events that cause you stress. After, click on the "Self-Evaluation" tab at the top of the screen to continue.

2. Sam, a 19-year old college student, tells his friends that he is feeling a lot of stress, but he has no idea what to do. If you were his friend, what would you suggest to him?

About Sam:

-taking 6 upper level courses

-working 30 hours a week

- dating a 19 year old music student for 6 months but having arguments all the time

- haven't been to gym for a year

- average sleep: 5.5 hrs/day

- smoke: 2 packs/day

3. What relaxation practices do you think would fit into your life style?