

<CN>Chapter 1:

<CT>The Nature of Stress

<A>Discussion Question Answers

1. Please define the following terms or concepts in no more than two sentences, and give an example to support your definition.

- A. Acute stress
- B. Integrative (alternative) medicine
- C. Alarm reaction
- D. Biological influences
- E. Chronic stress
- F. Eustress
- G. Stress response (fight-or-flight response)
- H. Rest and digest
- I. Trauma
- J. General adaptation syndrome (GAS)
- K. Homeostasis
- L. Technostress
- M. Digital divide
- N. Occupational stress
- O. Trauma

P. Posttraumatic stress disorder (PTSD)

Q. Secondary PTSD

R. Holistic stress management

S. Mental well-being

T. Physical well-being

U. Emotional well-being

V. Spiritual well-being

W. Social influences

X. Wellness paradigm

Answer: Answers will vary

2. From the perspective of wellness, define stress, explain each component of wellness, and explain how stress affects each area of the wellness paradigm. Finally, discuss how coping and relaxation techniques can be used to promote optimal wellness.

Answer:

- Opening statement
- Provide definitions of stress, holistic wellness, and the wellness paradigm
- Explain how stress affects one's mental, emotional, physical, and spiritual aspects
- Highlight connection between stress and insomnia
- Explain perspectives of health (Newtonian vs. holistic)

- Synthesis of above: what does this all mean?
- Concluding remarks: summary statement

3. Describe the difference between acute stress and chronic stress. Provide examples of each.

Next, explain the differences between the fight-or-flight response and how this differs from rest and digest. Briefly explain how the fight-or-flight response corresponds to the general adaptation syndrome? Finally, describe the classifications stressors fall into, and include examples of each.

Answer:

- Opening statement
- Explain differences between acute stress and chronic stress
- Explain the stress response (fight-or-flight)
- Explain general adaptation syndrome (Hans Selye)
- Explain types of stressors: Bioecological, psychointrapersonal, and social; and give examples of each
- Synthesis
- Concluding remarks: summary statement

4. Change often is synonymous with stress. According to sociologists, we are living in times of great change. Address the issues of change with regard to the following:

A. Technostress

B. Burnout

C. College stress

D. Occupational stress

E Stress and the aging process

Answer:

- Opening statement
- Definitions of stress
- How stress can affect one through the life cycle: college, career, and the aging population
- Explain what technostress is
- Synthesis: tie all of these aspects together
- Concluding remarks: summary statement

5. Explain why it is important to address stress holistically (mind, body, spirit and emotions) and not just treat the symptoms of stress.

Answer:

Answers will vary.

<A>Practice Activity Answers

1. In his stress theory, Richard Lazarus says that “daily hassles” cause stress. Which of the following is a cause of hassles, according to Lazarus?

- A) Poor emotional control
- B) Unmet expectations
- C) Interactions with idiots
- D) High-paced (24/7) society

Ans: B

2. What is highly recommended to help ensure a good night’s sleep?

- A) Read a good book after dinner.
- B) Watch some TV to relax before going to bed.
- C) Exercise right before bedtime.
- D) Turn off your Wi-Fi router before going to bed.

Ans: D

3. True or False? In today’s rapid-paced world, the terms *change* and *stress* are often used synonymously, by experts and ordinary people alike.

Ans: True

4. True or False? The Yerkes-Dodson curve suggests that there is an optimal level of stress, but

beyond that, stress compromises performance.

Ans: True

5. True or False? It is not the situation that one finds oneself in that is stressful, but the perception (interpretation) of the situation that determines one's level of stress.

Ans: True

6. True or False? The dualism of mind and body, which has so strongly influenced Western medicine, was conceived and advocated by René Descartes and, by association, advocated by Isaac Newton.

Ans: True

7. True or False? When used correctly, co-rumination is considered an effective coping skill for women to cope with stress.

Ans: True

8. True or False? By and large, healing and curing mean the same thing.

Ans: False

9. True or False? Conceptually speaking, the holistic paradigm of health was inspired by the philosophy made famous by René Descartes.

Ans: False

10. True or False? Whether it be daily hassles or bigger issues, both sleep patterns and eating behaviors are greatly (negatively) impacted by stress.

Ans: True