

Guided Reading Activity 15-1

**THANKSGIVING BREAK PACKET
DUE NOVEMBER 30, 2017
OPEN NOTE QUIZ ON THIS WILL BE
THAT DAY!**

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** _____—whether perceptual, cognitive, physical, or emotional—to a stressor. “Complete freedom from stress,” notes one psychologist, “is **2** _____.” According to the **3** _____ model of stress, people analyze and then evaluate a situation before labeling it as “stressful.”

Conflict Situations

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

Environmental Stressors

9 _____ conditions such as noise and crowding may cause stress. Problems occur not when you are crowded, but when you **10** _____ crowded. Major life **11** _____, 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** _____.

Copyright © by The McGraw-Hill Companies, Inc.

Guided Reading Activity **15-2**

**THANKSGIVING BREAK PACKET
DUE NOVEMBER 30, 2017
OPEN NOTE QUIZ ON THIS WILL
BE THAT DAY!**

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? _____

2. What physical reactions occur when a person is faced with any stressor? _____

3. Why is the body's response to stress called the "fight-or-flight response"? _____

4. What are the stages of the general adaptation syndrome? _____

5. What happens to the body when exposed to continuous stress for a very long time? _____

6. What is the difference between anger and fear? _____

7. What are some short-term cognitive stress reactions? _____

8. What are some short-term behavioral changes that result from stress? _____

9. What are some examples of "escapist" personality styles that severe stress may foster? _____

10. Are psychosomatic symptoms real or imagined? Explain. _____

11. Why are people with Type A personalities likely to have coronary artery disease at an early age? _____

12. What is the likely link between physical disorders and control over stressors? _____

13. How does social support affect stress-related diseases? _____

Guided Reading Activity 15-3

THANKSGIVING BREAK PACKET
DUE NOVEMBER 30, 2017
OPEN NOTE QUIZ ON THIS WILL BE
THAT DAY!

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** _____.
2 _____ can affect cognitive appraisal. We can also influence our cognitive appraisal by means of defensive **3** _____ strategies. Intellectualization is a defensive strategy in which a person watches the situation from an emotionally **4** _____ standpoint. Both denial and intellectualization can prevent **5** _____ reactions to stress.

By appraising a situation as a challenge and not a threat, we can adopt **6** _____ coping strategies. These coping strategies involve changing our **7** _____ 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** _____ to stressful events and thereby reduce levels of stress. Regarding frustrations or conflicts as problems to be solved means the situation becomes a **9** _____ rather than a **10** _____.

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

Copyright © by The McGraw-Hill Companies, Inc.

Guided Reading Activity **15-4**

**THANKSGIVING BREAK PACKET
DUE NOVEMBER 30, 2017
OPEN NOTE QUIZ ON THIS WILL
BE THAT DAY!**

For use with textbook pages 437–442

Directions: Outlining Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

I. Stress in Your Life

A. Introduction

- 1. Why is leaving home to set up a new household stressful for teens and parents? _____

- 2. What kinds of things must you learn to become an autonomous adult? _____

B. Choosing College

- 1. According to Peter Madison, how do many students approach college? _____

- 2. Why do students approach college this way? _____

- 3. How does college challenge a student’s identity? _____

- 4. How do friendships act as change agents in college? _____

- 5. What is the healthiest way to cope with stress in college? _____

C. Working

- 1. What are five sources of work satisfaction? _____

- 2. In the future, why might people change careers many times? _____

- 3. What does the Equal Pay Act of 1963 do? _____

Application Activity 15

THANKSGIVING BREAK PACKET
DUE NOVEMBER 30, 2017
OPEN NOTE QUIZ ON THIS WILL
BE THAT DAY!

Directions: Answer the questions below using the definitions of the terms discussed in Chapter 15.

1. There are two types of stress—eustress and distress. Name three examples of each that are likely to happen in a teen's life.

Eustress

Distress

- | | |
|----------|----------|
| a. _____ | a. _____ |
| b. _____ | b. _____ |
| c. _____ | c. _____ |

2. Psychologists divide conflict situations into four broad categories. For each strategy, describe a situation in your life or in the life of another teen you know that illustrates the category.

- a. Approach-Approach Conflict: _____

- b. Avoidance-Avoidance Conflict: _____

- c. Approach-Avoidance Conflict: _____

- d. Double Approach-Avoidance Conflict: _____

3. What are some methods teens use to relieve stress? _____

Drawing Conclusions

4. Which stress relief methods are most helpful? _____

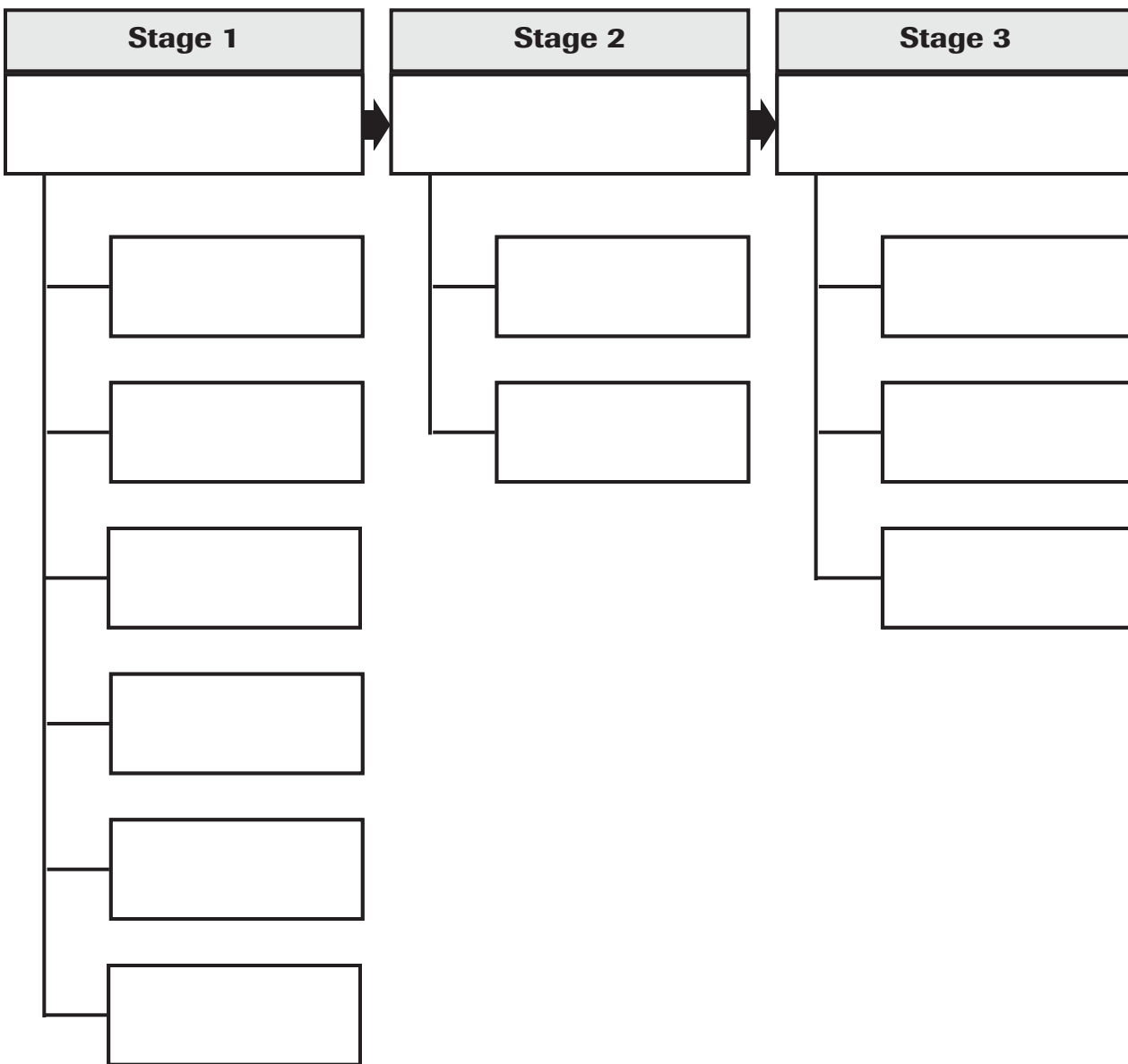
5. Which stress relief methods are most harmful? _____

Graphic Organizer Activity 15

**THANKSGIVING BREAK PACKET
DUE NOVEMBER 30, 2017
OPEN NOTE QUIZ ON THIS WILL
BE THAT DAY!**

Directions: A person who encounters a stressor that is intense or prolonged will react to it. Hans Selye identified three stages in the body's reaction to stress. Selye called this the general adaptation syndrome. Complete the graphic organizer by listing the three stages of the syndrome. Under each stage, list the physiological and psychological responses that are typical of that stage.

GENERAL ADAPTATION SYNDROME



Copyright © by The McGraw-Hill Companies, Inc.