

## **Stress worksheet**

### Stress as a bodily response

1. What are the three stages to Selye's GAS?
2. What are the long term health ill-effects of stress
3. Why did Brady electrocute monkeys and what did he find?
4. What would make the hypothalamus produce CRF, prompting the stress response?
5. The adrenal gland triggers which part of the nervous system?

### Sources of stress

1. What is a stressor?
2. What was the outcome of the research into life changes as stressors?
3. And into work?
4. What do we know of the role of:
  - Gender?
  - Culture?
  - Personality?

### Critical Issue

- Give two examples of a physiological approach
- Give two of a psychological approach
- What is learned helplessness? What does this tell us about the need for control?
- What do we mean by locus of control?