Chapter 11: Health and Stress

* Acculturative stress - stress resulting from the need to change and adapt a person's ways to the majority culture
* Acute stress disorder (ASD) - a disorder resulting from exposure to a major stressor, with symptoms of anxiety, recurring nightmares, sleep disturbances, problems in concentration, and moments in which people seem to "relive" the event in dreams and flashbacks for as long as one month following the event
* Aggression - actions meant to harm or destroy
* Alarm - when the body first reacts to a stressor, the sympathetic nervous system is activated
* Approach-approach conflict - conflict occurring when a person must choose between two desirable goals
* Approach-avoidance conflict - conflict occurring when a person must choose or not choose a goal that has both positive and negative aspects
* Avoidance-avoidance conflict - conflict occurring when a person must choose between two undesirable goals
* Burnout - negative changes in thoughts, emotions, and behavior as a result of prolonged stress or frustration
* Catastrophe - an unpredictable, large-scale event that creates a tremendous need to adapt and adjust as well as overwhelming feelings of threat
* College Undergraduate Stress Scale (CUSS) - assessment that measures the amount of stress in a college student's life over a one-year period resulting from major life events
* Concentrative meditation - form of meditation in which a person focuses the mind on some repetitive or unchanging stimulus so that the mind can be cleared of disturbing thoughts and the body can experience relaxation
* Coping strategies - actions that people can take to master, tolerate, reduce, or minimize the effects of stressors
* Displaced aggression - taking out one's frustrations on some less threatening or move available target, a form of displacement
* Displacement - psychological defense mechanism in which emotional reactions and behavioral responses are shifted to targets that are more available or less threatening than the original target
* Distress - the effect of unpleasant and undesirable stressors
* Double approach-avoidance conflict - conflict in which the person must decide between two goals, with each goal possessing both positive and negative aspects
* Emotion-focused coping - coping strategies that change the impact of a stressor by changing the emotional reaction to the stressor
* Escape or withdrawal - leaving the presence of a stressor, either literally or by a psychological withdrawal into fantasy, drug abuse, or apathy
* Eustress - the effect of positive events, or the optimal amount of stress that people need to promote health and well-being
* Exhaustion - when the body's resources are gone, exhaustion occurs
* Frustration - the psychological experience produced by the blocking of a desired goal of fulfillment of a perceived need
* General adaptation syndrome (GAS) - the three stages of the body's physiological reaction to stress, including alarm, resistance, and exhaustion
* Hardy personality - a person who seems to thrive on stress but lacks the anger and hostility of the Type A personality
* Hassles - the daily annoyances of everyday life
* Healthy psychology - area of psychology focusing on how physical activities, psychological traits, and social relationships affect overall health and rate of illnesses
* Immune system - the system of cells, organs, and chemicals of the body that responds to attacks from diseases, infections, and injuries
* Meditation - mental series of exercises meant to refocus attention and achieve a trancelike state of consciousness
* Multiple approach-avoidance conflict - conflict in which the person must decide between more than two goals, with each goal possessing both positive and negative aspects
* Natural killer cell - immune system cell responsible for suppressing viruses and destroying tumor cells
* Optimists - people who expect positive outcomes
* Pessimists - people who expect negative outcomes
* Post-traumatic stress disorder (PTSD) - a disorder resulting from exposure to a major stressor, with symptoms of anxiety, nightmares, poor sleep, reliving the event, and concentration problems, lasting for more than one month
* Pressure - the psychological experience produced by urgent demands or expectations for a person's behavior that come from an outside source
* Primary appraisal - the first step in assessing stress, which involves estimating the severity of a stressor and classifying it as either a threat or a challenge
* Problem-focused coping - coping strategies that try to eliminate the source of a stress or reduce its impact through direct actions
* Psychological defense mechanisms - unconscious distortions of a person's perception of reality that reduce stress and anxiety
* Psychoneuroimmunology - the study of the effects of psychological factors such as stress, emotions, thoughts, and behavior on the immune system
* Receptive meditation - form of meditation in which a person attempts to become aware of everything in immediate conscious experience, or an expansion of consciousness
* Resistance - as the stress continues, the body settles into sympathetic division activity, continuing to release the stress hormones that help the body resist the stressor
* Secondary appraisal - the second step in assessing a threat, which involves estimating the resources available to the person for coping with the stressor
* Social Readjustment Rating Scale (SRRS) - assessment that measures the amount of stress in a person's life over a one-year period resulting from major life events
* Social support system - the network of family, friends, neighbors, coworkers, and others who can offer support, comfort, or aid to a person in need
* Stress - the term used to describe the physical, emotional, cognitive, and behavioral responses to events that are appraised as threatening or challenging
* Stressors - events that cause a stress reaction
* Type A personality - person who is ambitious, time conscious, extremely hardworking, and tends to have high levels of hostility and anger as well as being easily annoyed
* Type B personality - person who is relaxed and laid-back, less driven and competitive than Type A, and slow to anger
* Type C personality - pleasant but repressed person, who tends to internalize his or her anger and anxiety and who finds expressing emotions difficult