**Mental Health & Stress**

Mental Health:

Hans Selye developed:

which explains

***Three stages***:

1.

* Organism recognizes the existence of
* Body reacts by such as

to ready itself .

2.

* Physical changes
* Organism becomes accustomed to
* Hormones and other physical responses
* Body can better deal with original stress but has

to that come along.

3.

* Body’s
* Glands lower
* Immune system loses its ability to
* Sometimes

Some causes of stress or stressful life events are might be:

Stress Theory (founded by: )

Views stress as whatever is considered

***Stress***

***1. Primary Appraisal*** – the individual assesses

***2. Secondary Appraisal*** – the individual chooses

**How it works:**

The amount of stress a person feels in a situation depends on

When harm and threat are high and resources to deal with the situation are low,

When harm and threat are low and resources are high, people experience

List some ways to cope with stress:

Eustress:

Assignment:

1. According to Selye, what are the stages of long-term stress? Provide an example for each stage.
2. Refer to a situation (either real or imagined) to explain Lazurus’ two-step stress cognitive appraisal, and explain each stage.
3. How is it possible for a situation to cause negative stress in one person and eustress in another? Provide an example to illustrate your reasons.