**Mental Health & Stress**

1. According to Selye, what are the stages of long-term stress? Provide an example for each stage.

1. Refer to a situation (either real or imagined) to explain Lazurus’ two-step stress cognitive appraisal, and explain each stage.

1. 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.