

***Choosing Health, 3e (Lynch)***  
**Chapter 3 Stress Management**

1) Which of the following statements best reflects the degree to which stress impacts college students?

- A) It has little impact on college students.
- B) It only affects high achieving students.
- C) It has a positive effect on academic performance.
- D) It is the most commonly reported obstacle to academic achievement.

Answer: D

Diff: 2 Page Ref: 57

Section: 3.3

Skill: Understanding

Learning Obj.: 3.1

2) Which of the following is a likely source of eustress?

- A) Getting a zero for failing to turn in an assignment
- B) Getting in a car accident
- C) Starting a new job
- D) Having an argument with a close friend

Answer: C

Diff: 2 Page Ref: 52

Section: 3.1

Skill: Applying

Learning Obj.: 3.1

3) The difference between distress and eustress is that

- A) the body does not respond to eustress.
- B) the body responds differently to distress and eustress.
- C) only eustress produces harmful effects on the body.
- D) distress is caused by negative stressors and eustress is caused by positive stressors.

Answer: D

Diff: 4 Page Ref: 52

Section: 3.1

Skill: Understanding

Learning Obj.: 3.1

4) The fight-or-flight mechanism causes all of the following except

- A) the speeding up of digestion.
- B) the increasing of blood pressure.
- C) the releasing of adrenaline.
- D) sweating.

Answer: A

Diff: 2 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

5) The initial release of stress hormones triggered by a stressor occurs in the \_\_\_\_\_ stage of the general adaptation syndrome.

- A) alarm
- B) resistance
- C) exhaustion
- D) homeostatic

Answer: A

Diff: 1 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

6) Which stage of the general adaptation syndrome is characterized by the body's attempt to restore homeostasis?

- A) Alarm
- B) Resistance
- C) Exhaustion
- D) Homeostatic

Answer: B

Diff: 2 Page Ref: 54

Section: 3.2

Skill: Understanding

Learning Obj.: 3.2

7) Jason has been overwhelmed this semester. He has fallen behind in all of his classes and, after two weeks of cramming and getting very little sleep, he has developed tension headaches. In addition, he has trouble eating. What stage of the general adaptation syndrome is Jason experiencing?

- A) Alarm
- B) Resistance
- C) Exhaustion
- D) Allostasis

Answer: C

Diff: 3 Page Ref: 54

Section: 3.2

Skill: Applying

Learning Obj.: 3.2

8) Which of the following is an example of the indirect relationship between stress and CVD?

- A) Increased blood pressure
- B) Damage to internal organs from hypertension
- C) Increased likelihood of obesity due to overeating
- D) Increased inflammation in artery walls

Answer: C

Diff: 2 Page Ref: 56

Section: 3.3

Skill: Understanding

Learning Obj.: 3.3

9) Chronic stress syndrome is the result of

- A) an isolated stressful event.
- B) being in the recovery stage of GAS for a prolonged time.
- C) a low allostatic load.
- D) maintaining flight or fight for an extended time.

Answer: D

Diff: 2 Page Ref: 55

Section: 3.3

Skill: Understanding

Learning Obj.: 3.3

10) Which of the following responses are behavioral warning sign of stress overload?

- A) Having an asthma attack or difficulty sleeping
- B) Preparing in advance for a quiz or exam
- C) Using meditation for relaxation
- D) Frequent need to urinate and experiencing excessive thirst

Answer: A

Diff: 4 Page Ref: 58

Section: 3.4

Skill: Understanding

Learning Obj.: 3.3

11) Emotional issues associated with stress overload include

- A) weight loss/gain.
- B) mood swings.
- C) stooped posture.
- D) migraine headaches.

Answer: B

Diff: 2 Page Ref: 58

Section: 3.4

Skill: Remembering

Learning Obj.: 3.3

- 12) Psychoneuroimmunology is the study of the interaction of psychological processes with
- A) the nervous system, hormones, and the immune system.
  - B) the nervous system, the cardiovascular system, and the digestive system.
  - C) the respiratory system, the immune system, and panic attacks.
  - D) hormones, white blood cells, and hemoglobin.

Answer: A

Diff: 1 Page Ref: 56

Section: 3.3

Skill: Remembering

Learning Obj.: 3.3

- 13) The effects of stress on increases and decreases body weight can be due to
- A) maintaining a regular exercise schedule.
  - B) decreased in sexual appetite.
  - C) engaging in hobbies and new activities.
  - D) increased snacking on comfort foods.

Answer: D

Diff: 2 Page Ref: 56

Section: 3.3

Skill: Understanding

Learning Obj.: 3.3

- 14) The body's inability to maintain homeostasis can result in
- A) physical imbalance and increased likelihood of disease.
  - B) increased fluid retention.
  - C) increased energy levels and motivation.
  - D) decreased allostatic load with greater resilience.

Answer: A

Diff: 3 Page Ref: 52

Section: 3.3

Skill: Applying

Learning Obj.: 3.3

- 15) An example of a major life event stressor is
- A) getting a speeding ticket.
  - B) having the flu for 2 weeks.
  - C) getting a divorce.
  - D) losing ten dollars.

Answer: C

Diff: 2 Page Ref: 52

Section: 3.1

Skill: Understanding

Learning Obj.: 3.1

16) Which of the following is not a good coping mechanism for balancing financial stress?

- A) Using a credit card to pay your tuition
- B) Developing a budget and keeping track of expenditures
- C) Cutting back on items you truly don't need
- D) Talking to a financial aid advisor

Answer: A

Diff: 3 Page Ref: 60

Section: 3.5

Skill: Applying

Learning Obj.: 3.5

17) Financial stress can be lessened by examining your lifestyle and distinguishing luxuries from necessities. Which of the following budget expenses are luxuries that can increase budget expenses unnecessarily?

- A) Money to pay rent
- B) A new cell phone
- C) Groceries
- D) Transportation costs

Answer: B

Diff: 3 Page Ref: 60

Section: 3.5

Skill: Applying

Learning Obj.: 3.5

18) Common causes of stress for college students include all of the following except

- A) financial issues.
- B) supportive social networks.
- C) daily hassles.
- D) living in an unsafe neighborhood.

Answer: B

Diff: 2 Page Ref: 59-62

Section: 3.5

Skill: Understanding

Learning Obj.: 3.5

19) Stress caused by procrastination is an example of

- A) an environmental stressor.
- B) a social stressor.
- C) an internal stressor.
- D) a daily hassle.

Answer: C

Diff: 2 Page Ref: 60

Section: 3.5

Skill: Understanding

Learning Obj.: 3.5

20) An improved ability to adapt to stress can be linked to which of the following personality traits?

- A) Pessimism
- B) Resiliency
- C) Weakness
- D) Emotional fragility

Answer: B

Diff: 5 Page Ref: 57

Section: 3.4

Skill: Understanding

Learning Obj.: 3.4

21) You can try to reduce and better manage the stressors in your life by

- A) lessening the amount of time you spend sleeping at night.
- B) giving yourself opportunities to create new challenges.
- C) thinking about your stressors throughout the day.
- D) making healthy changes to your daily routine.

Answer: D

Diff: 1 Page Ref: 64-66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.6

22) An example of effective time management is

- A) setting a timeline for completing an end-of-the semester project.
- B) putting off working on a research paper because you prefer to do your math homework.
- C) forcing yourself to finish a long assignment even though you are tired.
- D) making sure every minute of time in your schedule is used.

Answer: A

Diff: 4 Page Ref: 64-65

Section: 3.6

Skill: Analyzing

Learning Obj.: 3.6

23) Exercise helps with the stress response by

- A) elevating levels of cortisol in the bloodstream.
- B) keeping the body from reaching homeostasis.
- C) allowing the fight-or-flight response to do what it is supposed to do.
- D) increasing caloric expenditure.

Answer: C

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.7

- 24) In order to maintain good eating habits when you are feeling stressed, it is important to
- A) drink caffeine to stay alert throughout your waking hours.
  - B) drink sugared sodas rather than juices, which take longer to digest.
  - C) eat larger meals at night when you are hungrier.
  - D) keep healthy snacks with you to eat when you're on the go.

Answer: D

Diff: 3 Page Ref: 65

Section: 3.6

Skill: Applying

Learning Obj.: 3.7

- 25) Strategies for developing support when under stress include all of the following except
- A) talking to professors.
  - B) connecting with others who understand your situation and the stresses you face.
  - C) communicating with friends from home.
  - D) occasionally use recreational drugs and alcohol with friends to alleviate stress.

Answer: D

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.7

- 26) To reduce the stress associated with taking exams, it can be helpful to
- A) scheduling your study time the day before the test.
  - B) talking with other students right before the test.
  - C) talking with your instructor about your test anxiety.
  - D) start with the harder questions, then move on to easy ones.

Answer: C

Diff: 2 Page Ref: 65

Section: 3.6

Skill: Applying

Learning Obj.: 3.7

- 27) Looking back over your test when finished can improve your test-taking by allowing you to
- A) complete or change an answer because you remembered something.
  - B) answers questions you have skipped, even if you aren't sure of the answer.
  - C) change the answer to a question you are second guessing.
  - D) All the answers are correct.

Answer: A

Diff: 3 Page Ref: 65

Section: 3.6

Skill: Applying

Learning Obj.: 3.7

28) Jason suffers from test anxiety. When feeling anxious during a test, what should he do?

- A) Remind himself that some anxiety is normal.
- B) Concentrate on the fear and emotional response he is experiencing.
- C) Accept that he is not in control of the situation.
- D) Take rapid, deep breaths.

Answer: A

Diff: 4 Page Ref: 65

Section: 3.6

Skill: Applying

Learning Obj.: 3.7

29) An example of a good test-taking skill is

- A) getting enough sleep.
- B) eating a large meal so that you feel full during the test.
- C) arriving a few minutes late so that others won't distract you.
- D) working on the difficult questions first.

Answer: A

Diff: 1 Page Ref: 65

Section: 3.6

Skill: Remembering

Learning Obj.: 3.7

30) When taking a test, you should answer

- A) the hard questions first.
- B) the easy questions first.
- C) the questions in the order in which they are presented.
- D) all the questions as quickly as possible.

Answer: B

Diff: 1 Page Ref: 65

Section: 3.5

Skill: Remembering

Learning Obj.: 3.7

31) To motivate yourself to exercise to relieve stress, you should consider

- A) enrolling in an exercise class.
- B) doing the same exercise every day.
- C) not scheduling a time to exercise.
- D) including exercises that you don't enjoy.

Answer: A

Diff: 3 Page Ref: 67

Section: 3.6

Skill: Applying

Learning Obj.: 3.7



32) Which of the following exercises best improves relaxation by focusing on breathing?

- A) Jogging
- B) Yoga
- C) Swimming
- D) Massage

Answer: B

Diff: 3 Page Ref: 66

Section: 3.6

Skill: Applying

Learning Obj.: 3.7

33) To gain the most information about tests and how to succeed in a course, look at

- A) the course syllabus.
- B) the schedule of classes.
- C) the course web site.
- D) both the syllabus and the web site of the course.

Answer: D

Diff: 1 Page Ref: 65

Section: 3.6

Skill: Remembering

Learning Obj.: 3.7

34) All of the following are proper deep breathing techniques except

- A) breathing in through the nose out through the mouth.
- B) making sure the shoulders rise and fall with each breath.
- C) breathing slow, deep breaths.
- D) expanding the abdomen and chest.

Answer: B

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.7

35) All of the following are relaxation techniques that loosen tight muscles except

- A) progressive muscular relaxation.
- B) meditation.
- C) yoga.
- D) massage.

Answer: B

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Remembering

Learning Obj.: 3.7

36) Listening to music to relieve stress is more effective if it is

- A) a loud volume.
- B) a medium volume.
- C) a soft volume.
- D) a fast beat.

Answer: C

Diff: 1 Page Ref: 66

Section: 3.7

Skill: Remembering

Learning Obj.: 3.7

37) All the following are effective ways to change your perceptions of stressors except

- A) setting realistic expectations.
- B) build your self- esteem.
- C) have a sense of humor.
- D) be more critical of yourself.

Answer: D

Diff: 2 Page Ref: 67

Section: 3.7

Skill: Understanding

Learning Obj.: 3.7

38) A person who is said to exhibit the personality Type A would have which of the following tendencies?

- A) Stoic
- B) Realistic self esteem
- C) Impatient
- D) Friendly

Answer: C

Diff: 2 Page Ref: 58

Section: 3.4

Skill: Understanding

Learning Obj.: 3.4

39) Deep breathing exercises will result in

- A) lower stress levels.
- B) increased metabolism.
- C) activation of the flight-or-flight mechanism.
- D) the production of adrenaline.

Answer: A

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.7

- 40) Which of the following statements is true regarding gender and stress?
- A) Men report higher levels of stress than women.
  - B) More men than women report they're doing a good job managing stress.
  - C) Men are more likely to engage in sedentary behavior to relieve stress.
  - D) Talking to friends was the leading stress reducing technique for men and women.

Answer: B

Diff: 2 Page Ref: 59

Section: 3.4

Skill: Remembering

Learning Obj.: 3.4

- 41) Listening attentively to calming music has been found to
- A) increase stress.
  - B) decrease blood pressure.
  - C) decrease blood glucose.
  - D) activate the fight-or-flight response.

Answer: B

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.7

- 42) The relaxation technique targeted at releasing physical tension is
- A) listening to music.
  - B) creative visualization.
  - C) progressive muscle relaxation.
  - D) biofeedback.

Answer: C

Diff: 1 Page Ref: 66

Section: 3.6

Skill: Remembering

Learning Obj.: 3.7

- 43) The Transition Year Campaign is designed to help
- A) non-traditional college students.
  - B) Baby Boomers with changing social roles.
  - C) students who are at risk for suicide.
  - D) first year college students.

Answer: D

Diff: 2 Page Ref: 62

Section: 3.6

Skill: Understanding

Learning Obj.: 3.6

44) Which of the following would be more helpful in keeping everyday stressors from becoming overwhelming?

- A) Setting goals high enough that they can't be attained.
- B) Focusing on times that you failed to accomplish what you wanted to.
- C) Accepting that you can't control certain things in your life.
- D) Trying to avoid stressful events such as writing a research paper due at the end of the semester.

Answer: C

Diff: 4 Page Ref: 67

Section: 3.7

Skill: Evaluating

Learning Obj.: 3.7

45) Which of the following is an example of being proactive?

- A) Studying before a test.
- B) Waiting until the last minute to write a paper.
- C) Not filling your gas tank until the "empty" light goes on.
- D) Exercising only when you feel like it.

Answer: A

Diff: 3 Page Ref: 64

Section: 3.6

Skill: Applying

Learning Obj.: 3.6

46) All of the following are effective strategies for managing debt except

- A) seek advice from free websites sponsored by your financial aid office.
- B) ask for an emergency loan from financial aid services to pay off high interest rate credit cards.
- C) open several credit cards to spread debt balance.
- D) seek campus and/or consumer debt relief programs and classes.

Answer: C

Diff: 2 Page Ref: 60

Section: 3.5

Skill: Understanding

Learning Obj.: 3.5

47) Finding humor in a situation can reduce stress by helping you to

- A) build problem-solving skills.
- B) put your stressors and their relative importance into perspective.
- C) increase social skills.
- D) decide what matters in the long term.

Answer: B

Diff: 3 Page Ref: 67

Section: 3.6

Skill: Applying

Learning Obj.: 3.7

48) The first step in a stress management plan is to

- A) ignore stressors.
- B) plan ahead to improve time management.
- C) evaluate your personality type.
- D) make a list of stressors.

Answer: D

Diff: 2 Page Ref: 68

Section: 3.7

Skill: Understanding

Learning Obj.: 3.7

49) Which of the following would be the least effective strategy to manage stress?

- A) Internalize your anxiety
- B) Talk to a doctor
- C) Talk to a therapist
- D) Exercise

Answer: A

Diff: 3 Page Ref: 68

Section: 3.7

Skill: Applying

Learning Obj.: 3.7

50) PTSD stands for post-traumatic

- A) situational disorder.
- B) stress disorder.
- C) stimuli distress.
- D) systemic disorder.

Answer: B

Diff: 1 Page Ref: 55

Section: 3.3

Skill: Remembering

Learning Obj.: 3.3

51) Long-term, life-changing stressors are called \_\_\_\_\_ stressors.

- A) chronic
- B) acute
- C) responsive
- D) allostatic

Answer: A

Diff: 1 Page Ref: 54

Section: 3.3

Skill: Remembering

Learning Obj.: 3.3

52) Researchers theorize that \_\_\_\_\_ allows the body to complete the fight-or-flight response by actually doing what it has been prepared to do.

- A) sleep
- B) talking
- C) physical activity
- D) the environment

Answer: C

Diff: 2 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

53) Worry is a(n) \_\_\_\_\_ stressor.

- A) external
- B) physical
- C) social
- D) internal

Answer: D

Diff: 2 Page Ref: 69

Section: 3.7

Skill: Remembering

Learning Obj.: 3.5

54) Being in a traffic jam is an example of a(n)

- A) environmental stressor.
- B) daily hassle.
- C) social stressor.
- D) emotional trigger.

Answer: B

Diff: 2 Page Ref: 52

Section: 3.1

Skill: Remembering

Learning Obj.: 3.1

55) The body's fight or flight response to eustress does not produce the increases in heart rate and breathing that are triggered during a state of distress.

Answer: FALSE

Diff: 2 Page Ref: 53

Section: 3.2

Skill: Understanding

Learning Obj.: 3.2

56) The body would respond physiologically the same whether you were attending your college graduation ceremony or getting stopped by the police for speeding.

Answer: TRUE

Diff: 2 Page Ref: 57

Section: 3.2

Skill: Understanding

Learning Obj.: 3.2

57) Students view stress as a primary obstacle to their academic achievement.

Answer: TRUE

Diff: 1 Page Ref: 59

Section: 3.5

Skill: Remembering

Learning Obj.: 3.5

58) The body tries to restore homeostasis in the resistance stage of the general adaptation syndrome.

Answer: TRUE

Diff: 1 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

59) Acute stress increases your risk of chronic diseases.

Answer: FALSE

Diff: 2 Page Ref: 55

Section: 3.3

Skill: Understanding

Learning Obj.: 3.3

60) Stress contributes to the development of depression.

Answer: TRUE

Diff: 2 Page Ref: 55

Section: 3.3

Skill: Understanding

Learning Obj.: 3.3

61) Psychoneuroimmunology associates stress with illness.

Answer: TRUE

Diff: 2 Page Ref: 56

Section: 3.3

Skill: Understanding

Learning Obj.: 3.3

62) Individuals who display different personality types perceive stress differently in their lives.

Answer: TRUE

Diff: 2 Page Ref: 57

Section: 3.4

Skill: Understanding

Learning Obj.: 3.4

63) Recording thoughts and feelings in a journal can stimulate thinking and feeling more positively about yourself.

Answer: TRUE

Diff: 3 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.7

64) Seeking support may decrease the likelihood of depression.

Answer: TRUE

Diff: 2 Page Ref: 64

Section: 3.6

Skill: Remembering

Learning Obj.: 3.6

65) Sleeping can reduce stress by allowing the body time to recover.

Answer: TRUE

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Remembering

Learning Obj.: 3.7

66) Taking time to do hobbies can increase stress.

Answer: FALSE

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.7

67) Self talk can be used to boost self-esteem.

Answer: TRUE

Diff: 3 Page Ref: 67

Section: 3.7

Skill: Applying

Learning Obj.: 3.7



68) All stress is harmful.

Answer: FALSE

Diff: 2 Page Ref: 52

Section: 3.1

Skill: Understanding

Learning Obj.: 3.1

69) Chronic stress causes ulcers.

Answer: FALSE

Diff: 2 Page Ref: 54

Section: 3.3

Skill: Understanding

Learning Obj.: 3.3

70) A stressor is a condition or event that causes stress.

Answer: TRUE

Diff: 1 Page Ref: 52

Section: 3.1

Skill: Remembering

Learning Obj.: 3.1

71) The two small organs that sit atop your kidneys and produce stress related hormones are called the pituitary glands.

Answer: FALSE

Diff: 2 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

72) Epinephrine increases blood glucose.

Answer: FALSE

Diff: 1 Page Ref: 55

Section: 3.3

Skill: Remembering

Learning Obj.: 3.3

73) A person is more likely to get an infection during the exhaustion stage of the general adaptation syndrome.

Answer: TRUE

Diff: 3 Page Ref: 53

Section: 3.2

Skill: Applying

Learning Obj.: 3.2

74) The short-term adaptive response that helps the body deal with the challenges of stress is called allostatic load.

Answer: FALSE

Diff: 3 Page Ref: 54

Section: 3.2

Skill: Analyzing

Learning Obj.: 3.2

75) Scientists specializing in psychoneuroimmunology study interactions among psychological processes, the nervous system, hormones, and the immune system.

Answer: TRUE

Diff: 2 Page Ref: 56

Section: 3.3

Skill: Remembering

Learning Obj.: 3.3

76) Listening to soft music can help in activating your body's relaxation response, slowing your breathing and metabolism.

Answer: TRUE

Diff: 1 Page Ref: 66

Section: 3.6

Skill: Remembering

Learning Obj.: 3.6

77) Progressive Muscular Relaxation involves pressure, stretching, heat and cold to relieve muscular tension.

Answer: FALSE

Diff: 2 Page Ref: 66

Section: 3.6

Skill: Understanding

Learning Obj.: 3.6

78) Too much caffeine, a chemical substance found in coffee, can cause symptoms such as jitteriness and worsen your stress.

Answer: TRUE

Diff: 1 Page Ref: 52

Section: 3.3

Skill: Remembering

Learning Obj.: 3.6

Match the following:

- A) Homeostasis
- B) Stress response
- C) Stress
- D) Eustress
- E) Distress
- F) Stressor

79) Changes that occur when a body attempts to cope with a stressor

Diff: 1 Page Ref: 53

Section: 3.1

Skill: Remembering

Learning Obj.: 3.1

80) The body's preferred physiological balance

Diff: 2 Page Ref: 52

Section: 3.2

Skill: Remembering

Learning Obj.: 3.1

81) Negative stress

Diff: 1 Page Ref: 52

Section: 3.1

Skill: Remembering

Learning Obj.: 3.1

82) Reaction to an unexpected stimulus

Diff: 2 Page Ref: 52

Section: 3.1

Skill: Remembering

Learning Obj.: 3.1

83) An event that would cause excitement

Diff: 1 Page Ref: 52

Section: 3.1

Skill: Remembering

Learning Obj.: 3.1

84) Any event that causes stress

Diff: 1 Page Ref: 52

Section: 3.1

Skill: Remembering

Learning Obj.: 3.1

Answers: 79) B 80) A 81) E 82) C 83) D 84) F

Match the following:

- A) Chronic stress syndrome
- B) General adaptation syndrome
- C) Allostasis
- D) Fight-or-flight response
- E) Allostatic overload

85) Physiological reaction, such as increased blood pressure, to a stressor

Diff: 1 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

86) Theory that attempts to explain the biology of stress

Diff: 2 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

87) Maintaining stability through change

Diff: 2 Page Ref: 54

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

88) The feeling of being mentally and physically stressed out

Diff: 1 Page Ref: 54

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

89) Symptoms associated with prolonged exposure to body's stress response

Diff: 1 Page Ref: 57

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

Answers: 85) D 86) B 87) C 88) E 89) A

Match the following:

- A) General adaptation syndrome
- B) Resistance
- C) Psychoneuroimmunology
- D) Alarm

90) Protective physiological adaptation

Diff: 1 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

91) Triggers the fight-or-flight response

Diff: 1 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

92) Theory that explains the biology of stress

Diff: 1 Page Ref: 53

Section: 3.2

Skill: Remembering

Learning Obj.: 3.2

93) Study of the physical and psychological interactions of systems in response to stress

Diff: 1 Page Ref: 56

Section: 3.3

Skill: Remembering

Learning Obj.: 3.3

Answers: 90) B 91) D 92) A 93) C

94) Distinguish between the two types of stress and give an example of each, how they are similar and how they differ.

Answer:

- Eustress is stress caused by something pleasant such as getting a promotion or graduating from college.
- Distress is stress caused by something unpleasant. Examples include having an accident or making a bad grade in a class.
- Both types of stress trigger the fight-or-flight response even though eustress may result in excitement while distress results in unpleasant feelings and anxiety.

Diff: 3 Page Ref: 52

Section: 3.1

Skill: Analyzing

Learning Obj.: 3.1

95) Describe the body's physiological changes to the fight-or-flight stress response, and the purpose for each of the biological changes that occurs.

Answer: Stress hormones are released (cortisol, adrenaline) that increase heart rate and blood pressure. The pupils of the eye dilate. Digestion slows as blood diverts to the muscles. The clotting factor in the blood increases. The liver releases glucose, which will be used for energy.

Diff: 2 Page Ref: 53

Section: 3.2

Skill: Understanding

Learning Obj.: 3.2

96) When exercising for stress management, what are some things that you can do to try to maximize the benefit and stay on track with the program?

Answer: Design a daily program utilizing activities that use large muscle groups (activities such as walking, cycling, resistance training, etc.) that continue for at least 20 minutes. To stay with the program, enlist a friend to workout with you, plan exercise into your schedule, or consider taking a structured fitness class. Vary your activity and choose something fun.

Diff: 4 Page Ref: 67

Section: 3.6

Skill: Applying

Learning Obj.: 3.7

97) Describe some of the primary physical health effects of long-term stress?

Answer:

- Increased blood pressure can eventually lead to damage to both internal organs, such as the heart, and blood vessels. Also, stress can contribute to heart disease risk factors such as obesity and diabetes.
- Stress can also lead to sleep disturbances, stomach problems, muscular tension and a weakened immune system.

Diff: 3 Page Ref: 54-57

Section: 3.3

Skill: Applying

Learning Obj.: 3.3

98) Give examples of three common causes of stress that college students encounter, and a strategy for coping with each.

Answer: Causes:

- Financial
- Daily hassles
- Academic pressures
- Job-related stress
- Social stressors
- Environmental stressors
- Internal stressors

Strategies: Answers will vary. Examples include:

- Stay focused and keep a realistic perspective
- Strengthen your support network
- Communicate
- Keep a journal
- Take time for hobbies and leisure
- Eat well
- Exercise

Diff: 3      Page Ref: 59-64

Section: 3.5

Skill: Applying

Learning Obj.: 3.7

99) Eric is a student who is encountering academic problems. He has trouble fitting everything in that he needs to do and frequently stays up most of the night to try to catch up. What tips can you give Eric to help him manage his stressors and enjoy his college experience more?

Answer: Answers will vary, but could include:

- Take a workshop or class to improve your skills (study skills, test-taking skills, time management, etc.).
- Keep a planner and break down large projects into smaller tasks.
- Do what you like least, first.
- Leave time in your schedule for unforeseen events and reward yourself periodically.

Diff: 4      Page Ref: 64

Section: 3.7

Skill: Applying

Learning Obj.: 3.7