7.4 Stress and Coping:  H. Discuss theories of stress and the effects of stress on psychological and physical well-being.)



What is the real definition of stress?

Measures of Stress

SRRS

CUSS

Step 1 Stressors

Step 2 Appraisal

Step 3 Stress

Key
 = VT = Ex
 = VP

Evolutionary

Ex

GAS

Ex

Theories of stress

Chronic Stress

Ex

Acute Stress

Ex