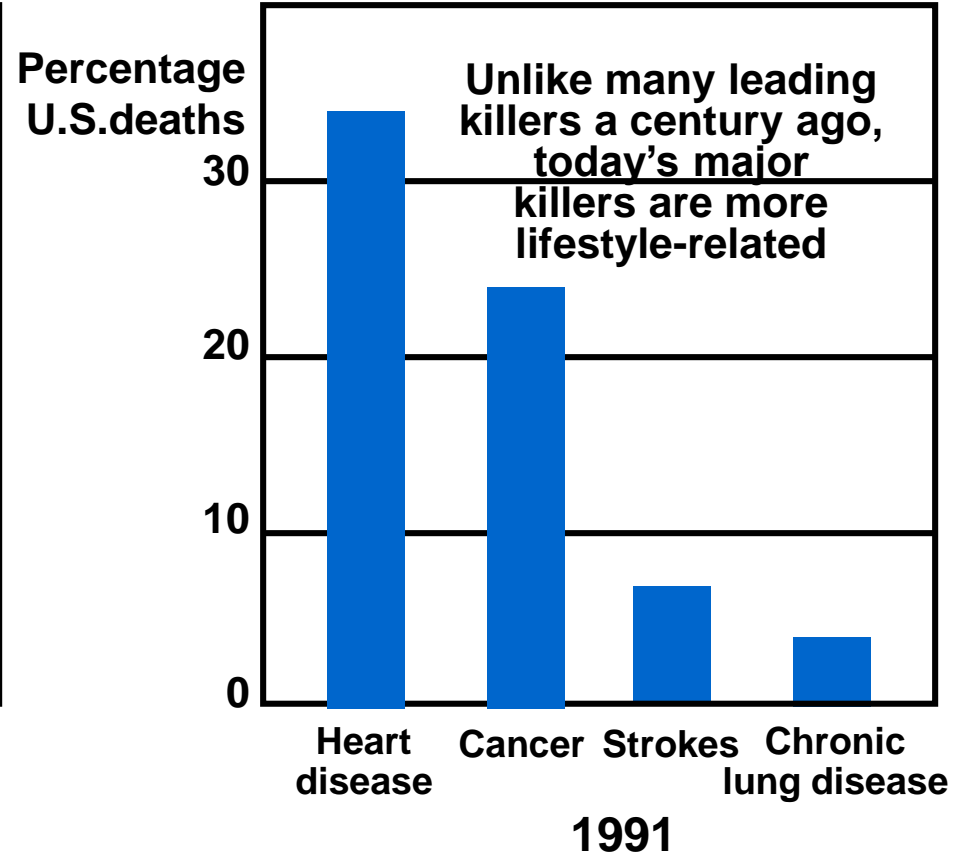
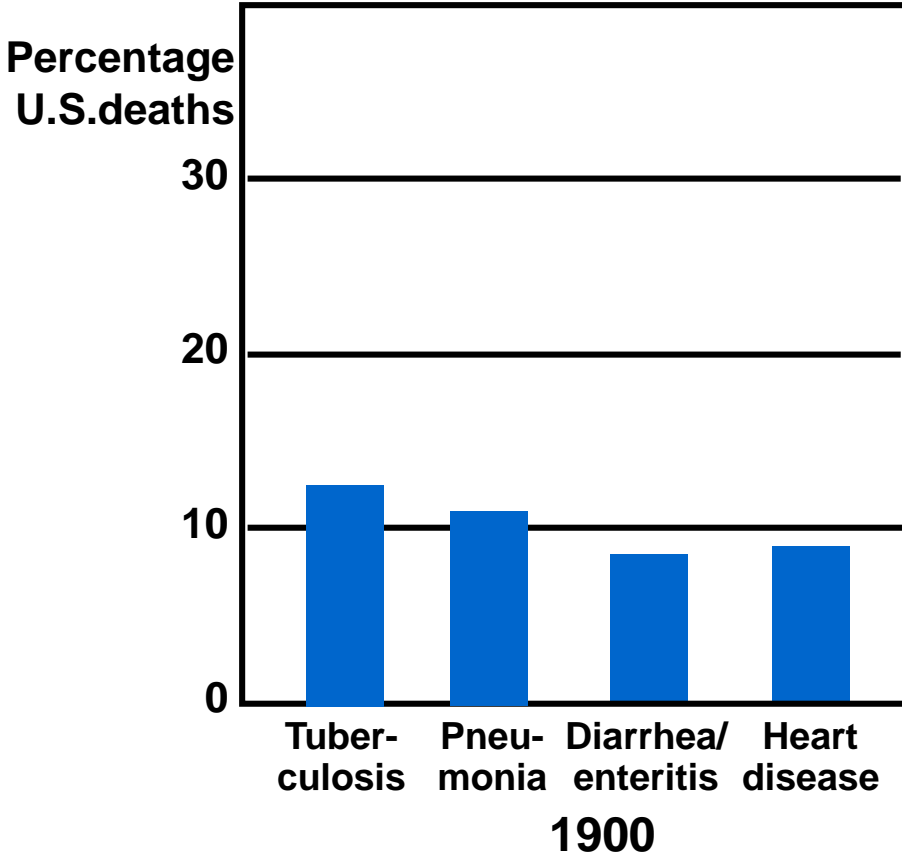
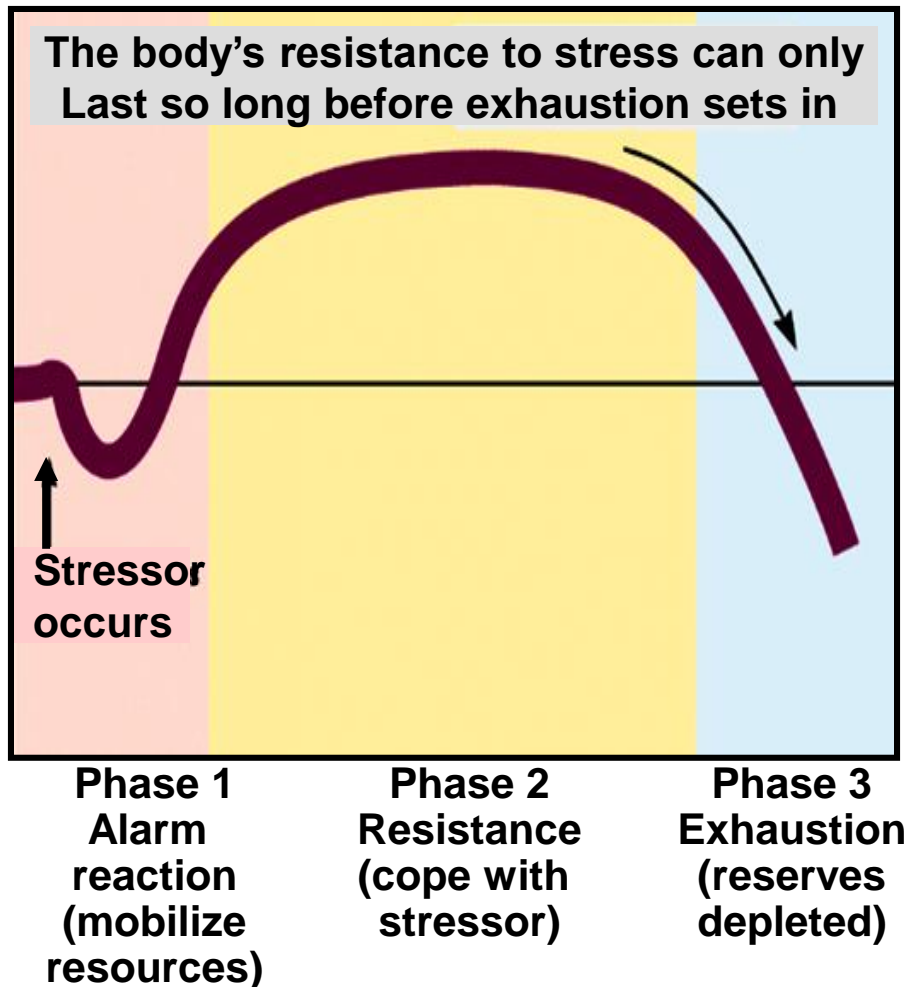


Stress and Health

⌘ Leading causes of death in the US in 1900 and 1991



What is Stress?



⌘ General Adaptation Syndrome

- ☑ Selye's concept of the body's adaptive response to stress as composed of three stages

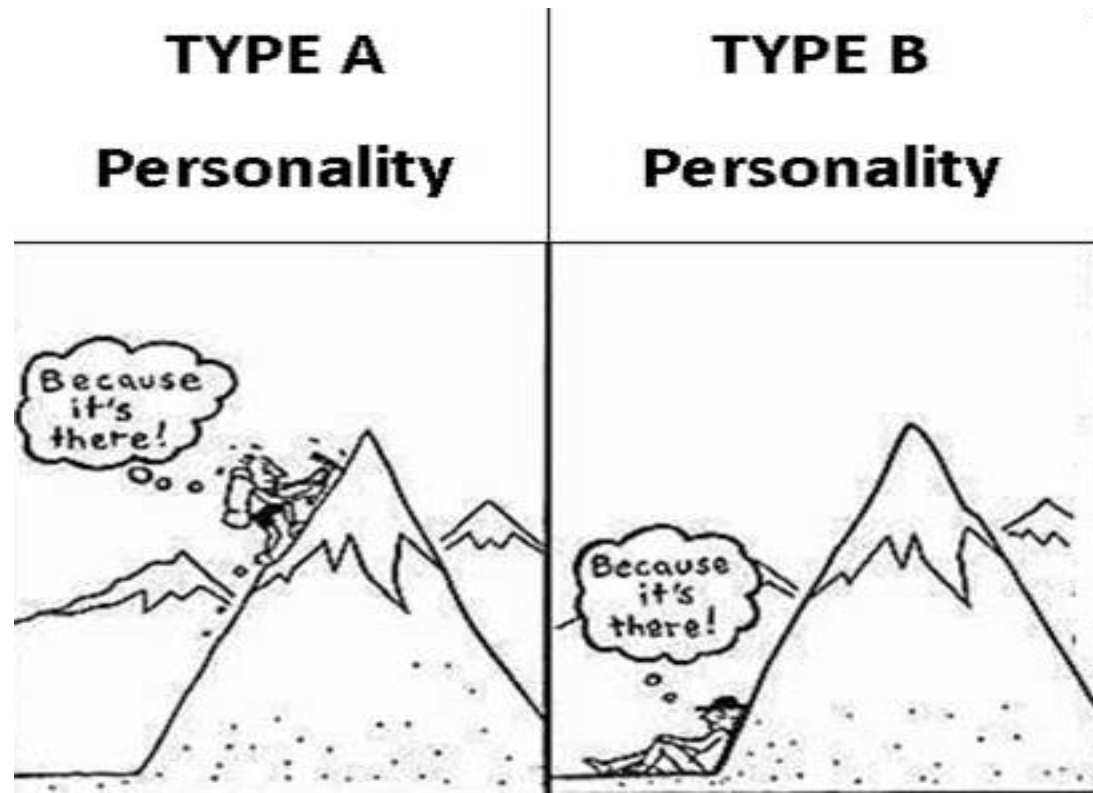
Stress and Personality

⌘ Type A

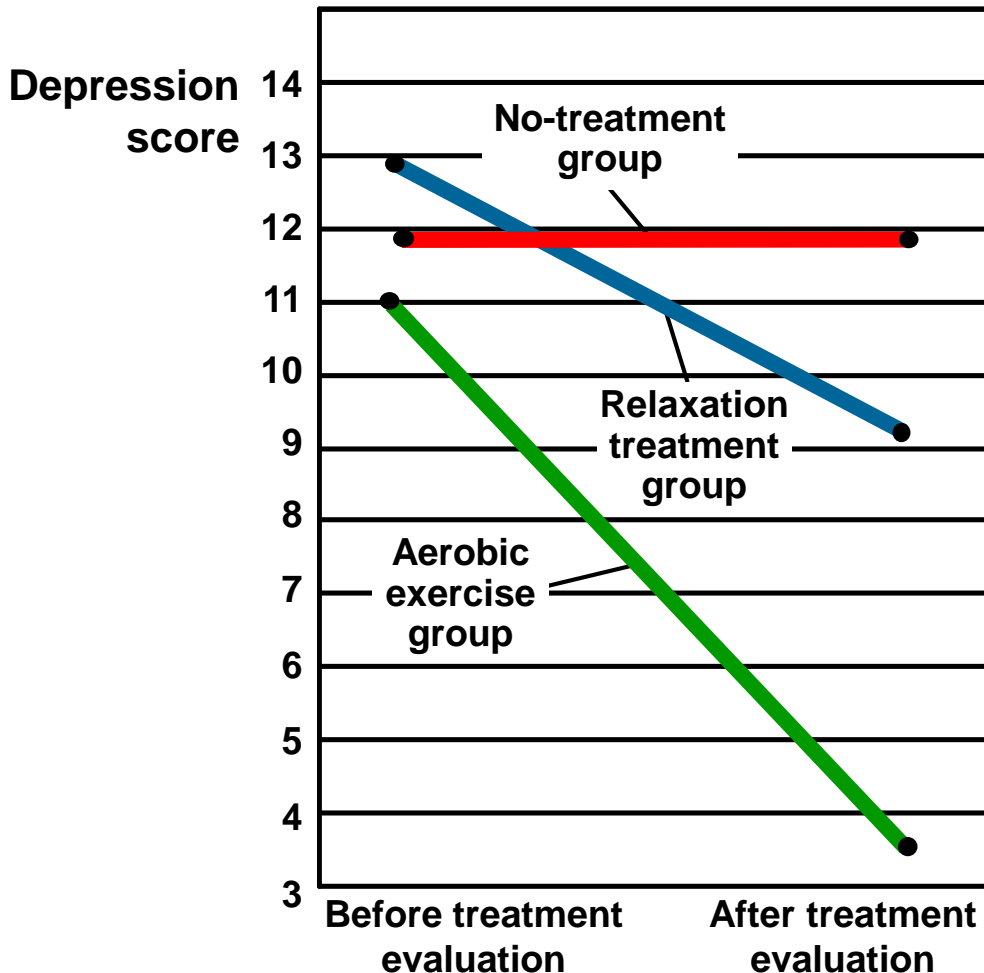
☑ Friedman and Rosenman's term for people who are competitive, hard-driving, impatient, verbally aggressive, anger-prone

⌘ Type B

☑ Friedman and Rosenman's term for easygoing, relaxed people



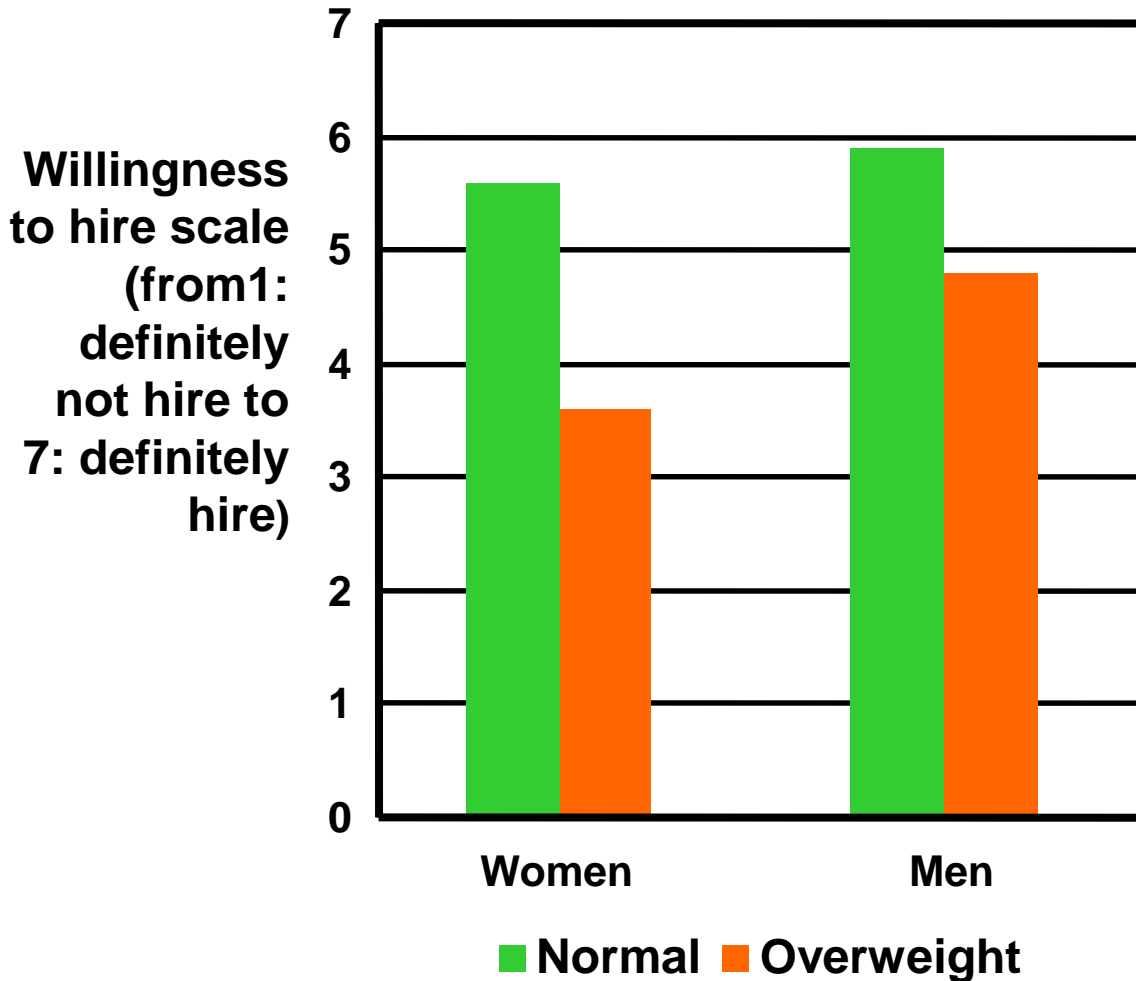
Promoting Health



⌘ Aerobic Exercise

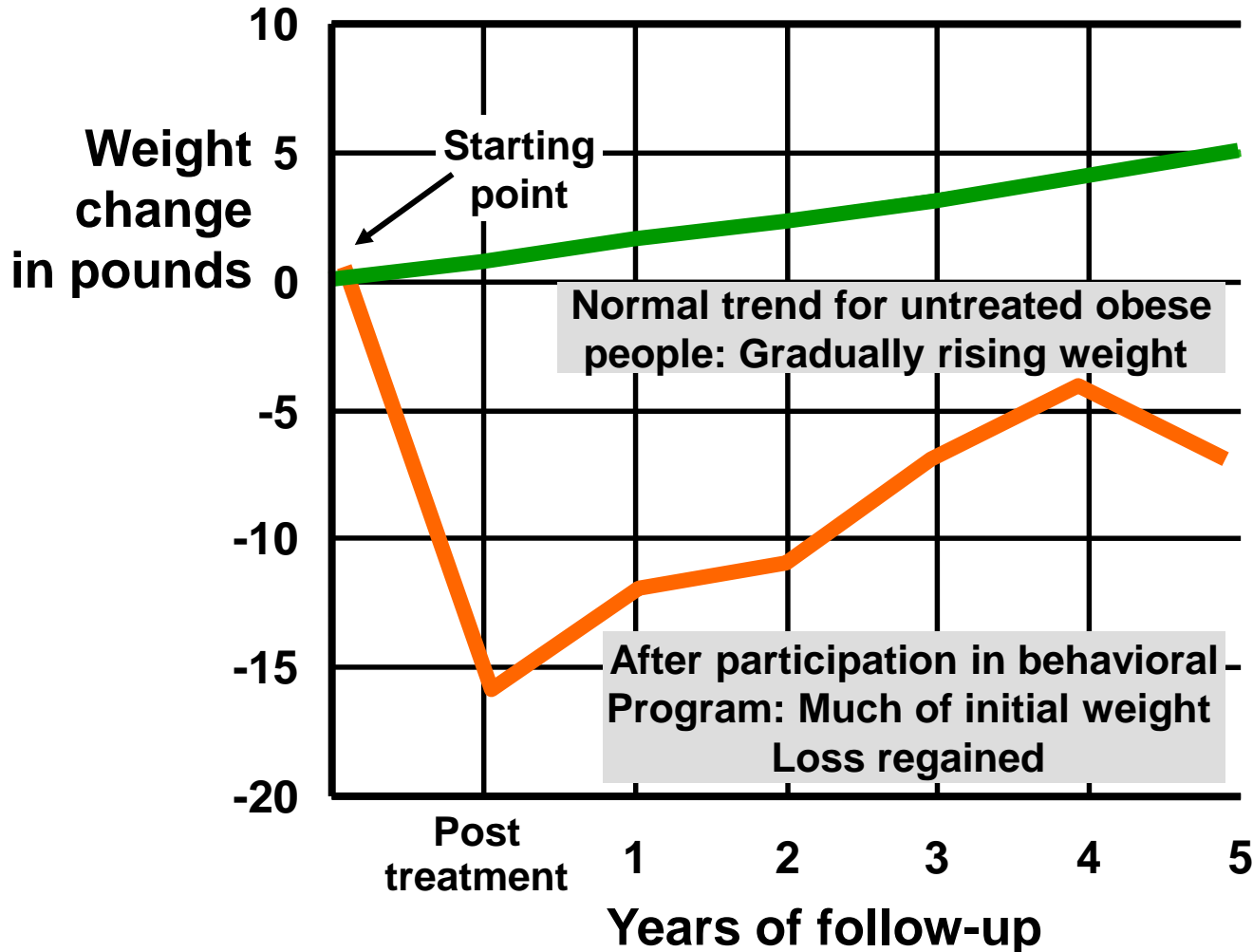
- ⌘ sustained exercise that increases heart and lung fitness
- ⌘ may also alleviate depression and anxiety

Weight Discrimination



⌘ When women applicants were made to look overweight, subjects were less willing to hire

Weight Control



⌘ Most lost weight is regained

Hans Selye's General Adaptation Syndrome



- ⌘ showing in three phases what the alleged effects of stress has on the body.
- ⌘ The first stage is the **alarm stage**, which provides a burst of energy.
- ⌘ In the second stage, known as the **resistance stage**, the body attempts to resist or adapt to the stressor.
- ⌘ The last stage is known as the **exhaustion stage** because energy is depleted.