

5 Stress, health, and how the body pays – Part 1 —Answers

Answers

Work through these after you have tried the questions yourself.

2.1 the body's response to a demand that the person appraises as taxing their resources.

2.2 cortisol.

2.3 the response diverts resources for immediate action; sustained over months this wears on the cardiovascular and immune systems.

2.4 how a person judges a demand against the resources they have to meet it.

2.5 problem-focused acts on the situation; emotion-focused acts on the person's own reaction.

2.6 emotion-focused, because the situation cannot be changed, so only the reaction to it is available to act on. \