

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

Name: _____ Class: _____ Date: _____

Vocabulary 词汇

Write each word three times. 把每个单词抄写三遍。

English	中文	Write it 3 times (English)
Stress	压力	_____
cortisol	皮质醇	_____
appraisal	评估	_____
Problem-focused coping	问题取向应对	_____
emotion-focused coping	情绪取向应对	_____

Recall

- You have felt exhausted after a week of deadlines even without physical work.
- You know some people stay calm under pressure and others do not.
- You have noticed that people get ill after a stressful period, not during it.

New ideas

Read these first. Each idea has a short worked example. Then do the Practice below.

■ 1 The stress response

Stress 压力 is the body’s response to a demand it appraises as taxing. The sympathetic system of Unit 1 raises heart rate and releases **cortisol** 皮质醇; useful over minutes, costly over months.

Worked example. The same response that helps in an emergency damages health when it never switches off.

■ 2 Appraisal

Whether an event is stressful depends on **appraisal** 评估 - how the person judges the demand against their resources. The same exam is a threat to one student and a challenge to another.

Worked example. Two students face the same paper; the one who believes they can cope shows a smaller stress response.

■ 3 Coping

Problem-focused coping 问题取向应对 acts on the situation; **emotion-focused coping** 情绪取向应对 acts on the reaction. Neither is better in general - the first suits a controllable problem and the second an uncontrollable one.

Worked example. Revising harder is problem-focused; that is useless for a delayed flight, where managing your own frustration is the only option available.

Watch out: “Stress” is not the event. It is the response to an event the person has appraised in a particular way, which is why the same event stresses one person and not another.

Practice

2.1 Define stress. [2]

2.2 Name the hormone released during a prolonged stress response. [1]

2.3 Explain why a response useful in an emergency damages health when prolonged. [2]

2.4 Define appraisal. [1]

2.5 Distinguish problem-focused from emotion-focused coping. [2]

2.6 State which form of coping suits an uncontrollable situation and why. [2]
