# Stress and coping

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL · Vocabulary in context

| Word | Example |
|---|---|
| **stress** /stres/ | The same match can cause different **stress** in two players. |
| **stressor** /ˈstresə/ | A difficult final is a **stressor** that may challenge an athlete. |
| **eustress** /ˈjuːstrəs/ | **Eustress** feels like a positive challenge that supports effort. |
| **distress** /dɪˈstres/ | **Distress** brings worry that can harm well-being or performance. |
| **transactional model** | The **transactional model** says stress depends on how you judge the task and your ability to cope. |
| **appraise** | An athlete may **appraise** a close match as a challenge. |
| **cortisol** /ˈkɔːtɪsɒl/ | **Cortisol** is a stress hormone. |
| **general adaptation syndrome** /ˈdʒenərəl ˌædæpˈteɪʃn ˈsɪndrəʊm/ | The **general adaptation syndrome** has three stages: alarm, resistance and exhaustion. |
| **arousal** /əˈraʊzl/ | **Arousal** is the level of mental and physical activation. |
| **drive theory** | **Drive theory** says more arousal makes your usual response stronger. |
| **individual zones of optimal functioning** | **Individual zones of optimal functioning** say each athlete has their own best level of arousal. |



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|---|---|
| **catastrophe theory** | **Catastrophe theory** says performance can suddenly drop when anxiety is high. |
| **anxiety** | **Anxiety** involves worry and tension about an uncertain outcome. |
| **trait anxiety** | A person with high **trait anxiety** feels nervous in many situations. |
| **state anxiety** | **State anxiety** is temporary anxiety in a particular situation. |
| **cognitive anxiety** | **Cognitive anxiety** includes worry about making mistakes. |
| **somatic anxiety** | **Somatic anxiety** includes physical feelings such as a racing heart. |
| **multidimensional anxiety theory** | **Multidimensional anxiety theory** treats worry and body tension as separate. |
| **coping** /ˈkəʊpɪŋ/ | Slow breathing is her **coping** strategy before a difficult match. |
| **problem-focused coping** /ˈprɒbləm ˈfəʊkəst ˈkəʊpɪŋ/ | Improving a race plan is **problem-focused coping**. |
| **emotion-focused coping** /ɪˈməʊʃn ˈfəʊkəst ˈkəʊpɪŋ/ | Slow breathing is **emotion-focused coping** when used to manage feelings. |
| **avoidance coping** | Ignoring a stressful issue is **avoidance coping**. |
| **social support** | Encouragement from teammates provides **social support**. |

| Word | Example |
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| **burnout** | **Burnout** can involve exhaustion, reduced achievement and loss of interest in sport. |



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