Stress and coping

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

Word	Example
stress /stres/	The same match can cause different **stress** in two players.
stressor /'stresə/	A difficult final is a **stressor** that may challenge an athlete.
eustress /'ju:strəs/	**Eustress** feels like a positive challenge that supports effort.
distress /dɪ'stres/	**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 /'kɔ:tɪsɒl/	**Cortisol** is a stress hormone.
general adaptation syndrome /'dʒenərəl ˌædæp'teɪʃn 'sɪndrəʊm/	The **general adaptation syndrome** has three stages: alarm, resistance and exhaustion.
arousal /ə'raʊzl/	**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**.

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

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