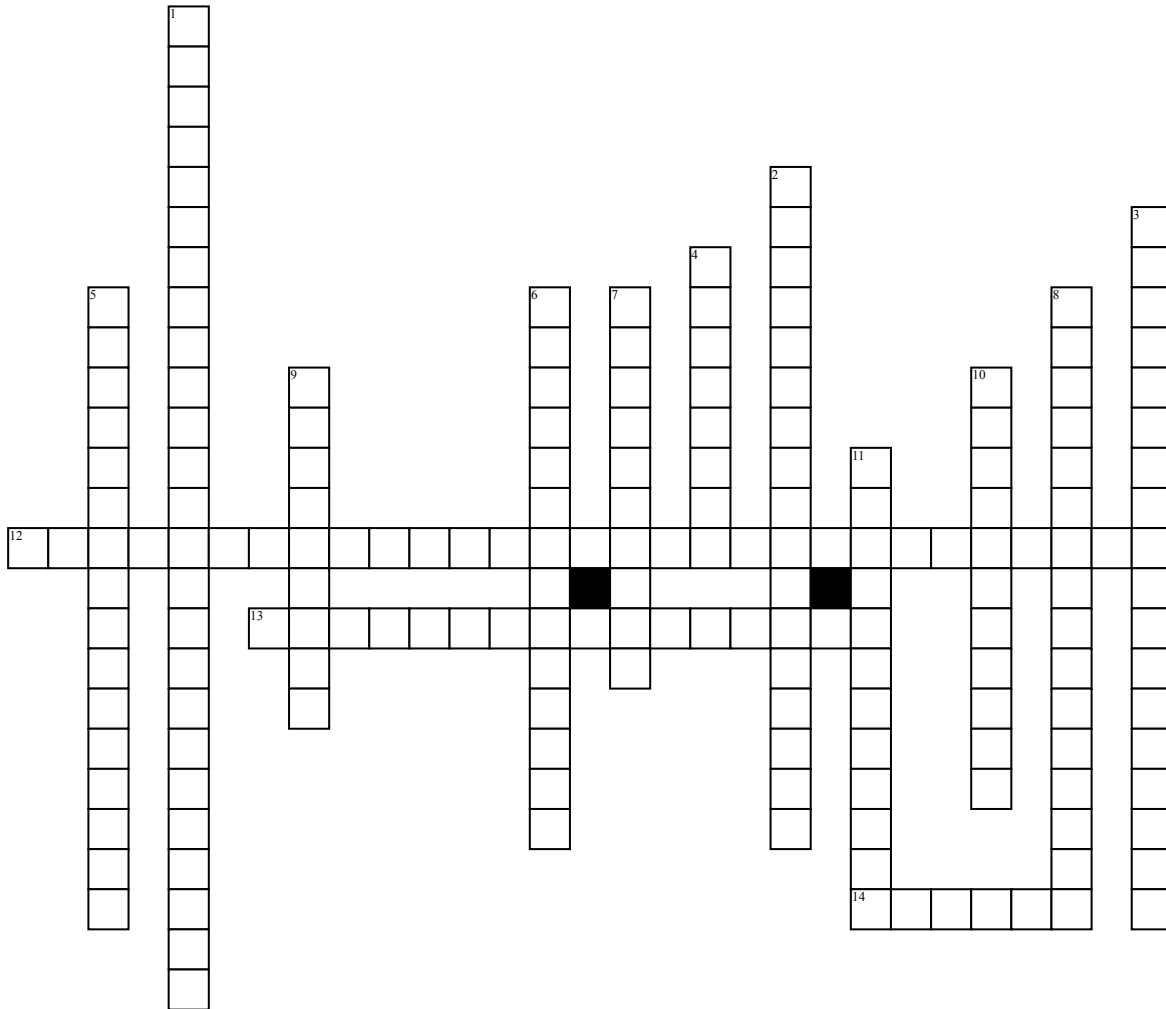


Name: _____

Stress



Across

12. Holmes and Rae developed a scale that would rate their life events on how stressful they perceived it. This scale is known as?

13. The subfield of psychology that studies the relationship between someone's behavior and health.

14. Any event or environmental stimulus that we respond to because we perceive it as challenging or threatening.

Down

1. Conflict that deals with several choices that all deal with both positive and negative aspects.

2. Conflict in which a person is faced with a desire or need with both positive and negative qualities.

3. What kind of conflict deals with deciding whether you should study for your psychology test instead of going to your friend's birthday party that she's been talking about all month, or going to your friend's birthday party and risk failing your psychology test which could affect whether or not you'll pass the class?

4. Having to choose between 2 or more needs, desires, or demands.

5. A type of conflict that involves the least amount of stress, in which a person must choose between 2 positive events.

6. Stress in which someone feels uncomfortable by interpreting others' behaviors as discriminatory is called

7. Adapting well to significant stressors or "bouncing back."

8. Some people from low socioeconomic conditions develop strategies to reduce physical responses to chronic stress, which lessens chances of chronic disease called:

9. Any change that requires readjustment in one's life.

10. A type of stressor that affects multiple people in a bad way. Example: floods, tornadoes, or even terrorist attacks.

11. There are 4 types of classifications of stressors, which are: major life events, catastrophes, conflict and?