



Managing and Coping with Stress

Suggested Responses

Comprehension Questions

1. Avoidance strategies involve an orientation away from the stressor, minimising the seriousness of the situation and suppressing stressful thoughts, whereas approach strategies involve an orientation toward the stressor, obtaining information about courses of action and their probable outcomes, and dealing directly with the stressful situation.
2. approach strategies can lead to appropriate action
3. ventilation
4. Assimilation of trauma refers to integrating the experience of trauma into our understanding of ourselves, so we can consider it part of our past.
5. When avoidance is used intermittently, engagement with a stressor in small amounts can make the stressor less overwhelming and allow time to learn from the experience.
6. Avoidance strategies may allow us to dose and consequently build resources to overcome the stressor, which may lead to increased hope and courage.
7. Preventing appropriate action may lead to the stressor never being resolved, potentially leading to ongoing stress.
8. Answers will vary. For example, not shopping at your local shopping centre to avoid coming into contact with an ex-partner who lives nearby.
9. Approach strategies may not be always beneficial because they can increase stress by encountering the stressor (particularly without sufficient coping resources), and if there is no appropriate action taken, approach strategies can induce worry that is time-consuming and non-productive.
10. care or assistance that you receive from a social network
11. Instrumental support (e.g. tangible support) refers to direct assistance through physical acts or resources such as money, whereas emotional support occurs when others make us feel loved and cared for, which includes talking over problems and providing encouragement to increase our feeling of self-worth.
12. False – emotional support can be conveyed through social media, email, phone, etc.
13. Research has shown that people who exercise regularly are better at handling stressful events, have improved self-confidence, and are less likely to be depressed.
14. Endorphins (which are kinds of neurotransmitters) relieve pain, but they also trigger a pleasure response, giving us a natural feeling of euphoria.
15. Benzodiazepines work by increasing the effectiveness of a naturally occurring brain chemical called GABA. GABA makes the neurons in the brain less excitable, calming many functions of the brain.
16. dependence, drowsiness, cognitive and memory impairment, depressive symptoms
17. Biofeedback therapy tries to train patients to develop awareness of physiological responses that indicate stress, and learn ways to control those responses.

Recommend Coping Strategies – answers will vary

Investigating Scientific Research – answers will vary

Transcript – for student and teacher use

