



Managing and Coping with Stress

Comprehension Questions

Complete the following questions to demonstrate your understanding of stress and coping strategies.

1. Differentiate between avoidance and approach strategies.

2. Which kind of strategy can possibly lead to appropriate action?

3. What do psychologists call the full expression of our emotions about a situation?

4. What does 'assimilation of trauma' mean?

5. What is 'dosing' in the context of avoidance strategies?

6. Why might avoidance strategies allow us to increase our hope and courage?

7. Why might preventing appropriate action be a cost of avoidance strategies?

8. Give an example of disruptive avoidance behaviour.

9. List two reasons why approach strategies are not always beneficial.

10. What is social support?

11. Distinguish between instrumental support and emotional support.

12. Emotional support must be conveyed in person.

True

False





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13. Research has shown that people who exercise regularly are _____ at handling stressful events, have _____ self-confidence, and are _____ likely to be depressed.
14. The body produces endorphins during exercise. What do endorphins do?

15. Benzodiazepines work by _____ the effectiveness of a naturally occurring brain chemical called GABA. GABA makes the neurons in the brain less excitable, _____ many functions of the brain.
16. List four possible side effects of benzodiazepines.

17. Biofeedback therapy tries to train patients to develop _____ of _____ responses that indicate stress, and learn ways to _____ those responses.

