



# 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.

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

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

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4. What does 'assimilation of trauma' mean?

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

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

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

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8. Give an example of disruptive avoidance behaviour.

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

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10. What is social support?

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11. Distinguish between instrumental support and emotional support.

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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?

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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.

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

