Essential Task 1-6:  Discuss sources of stress (conflicts, frustration, etc.), measures of stress, and theories of stress (general adaptation theory)



What is the real definition of stress?

Measures of Stress

SRRS

CUSS

Step 1 Stressors

Step 2 Appraisal

Step 3 Stress

Key
 = VT = Ex
 = VP

Evolutionary

Ex

GAS

Ex

Theories of stress

Chronic Stress

Ex

Acute Stress

Ex