Name:

Date:

School:

Facilitator:

5.01 GAS

1. Describe Hans Selye’s general adaptation syndrome (GAS)

* Explain each of the three stages of GAS
* Be sure to describe the physiological processes associated with stress, including the main stress hormones that the body produces when it is getting ready for the “fight or flight” stage.

|  |  |
| --- | --- |
| 1. Stage one  (5 pts) |  |
| 2. Stage two  (5 pts) |  |
| 3. Stage three  (5 pts) |  |

4. Psychologists divide conflict situations into three broad categories. For each strategy, describe a situation in your life or in the life of another teen you know that illustrates the category.

a. Approach-Approach Conflict:

b. Avoidance-Avoidance Conflict:

c. Approach- Avoidance Conflict:

You decide:

5. List three stress relief methods that are most helpful?

6. List three stress relief methods that are most harmful?

Discussion Question:

7. In at least three complete sentences explain what you have learned about stress in your life.

8. List 5 ways to promote psychological wellness.