Chapter 15 – Stress Vocabulary

Module 1

1. Stress
2. Stressors
3. Distress
4. Eustress
5. Catastrophe
6. Hassles
7. Burnout
8. Acculturative stress
9. Pressure
10. Frustration
11. General adaptation syndrome
12. Immune system
13. Natural killer cell
14. Acute stress disorder
15. Post traumatic stress disorder

Module 2

1. Primary appraisal
2. Secondary appraisal
3. Type A personality
4. Type B personality
5. Type C personality
6. Hardy personality
7. Aggression
8. Displaced aggression
9. Escape or withdrawal
10. Coping strategies
11. Problem focused coping
12. Emotion focused coping
13. Psychological defense mechanisms
14. Social support system
15. Denial
16. Repression
17. Rationalization
18. Projection
19. Reaction formation
20. Displacement
21. Regression
22. Identification
23. Compensation
24. Sublimation
25. Optimists
26. pessimists