

## Unit 8B: Emotions, Stress & Health

(p.366-409)

Name: \_\_\_\_\_

### Chapter Objectives:

- Theories of Emotion
- What is Emotion? Embodied Emotions
- Expressing Emotions (detecting, gender, culture, facial expressions)
- Experienced Emotion (fear, anger and happiness)
- Stress & Health (illness, heart, disease)

Motivated behaviour often is driven by powerful emotions that colour and sometimes disrupt our lives. So where do such emotions come from? Why do we have them? What are they made of? They exist not to give us interesting experiences but to enhance our survival. When we face challenges, emotions focus our attention and energize us to act. Yet when prolonged and experienced as stress, emotions can also have a damaging effect on our health.

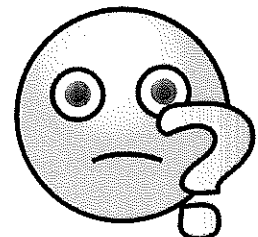
### THEORIES OF EMOTION

Please read p.366-368 and summarize the three main theories of emotion below AND give an example for each. When done, continue on to the next section.

#### 1) JAMES-LANGE THEORY OF EMOTION

#### 2) CANNON-BARD THEORY OF EMOTION

#### 3) Schacter's TWO FACTOR THEORY OF EMOTION



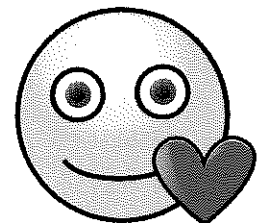
**Did you understand the three theories? Oh really....?  
Then answer the following 😊**

Christine is holding her 8-month old baby when a fierce dog appears out of nowhere and, with teeth bared, leaps for the baby's face. Christine immediately ducks for cover to protect the baby, screams at the dog, then notices that her heart is banging in her chest and she's broken out in a cold sweat. How would the James-Lange Theory, Cannon-Bard Theory, and the Two-Factor Theory explain Christine's emotional reaction?

a) James Lange Theory

b) Cannon-Bard Theory

d) Two-Factor Theory



## 8B: Emotions, Stress & Health

### **STRESS & HEALTH NOTES**

No one needs to be told that psychological states cause physical reactions. Nervous about a test? Your stomach hurts and turns into butterflies. Public Speaking? Money? Jobs? School? Cars? Family? If such stress endures, it may also bring on skin rashes, asthma attacks, or high blood pressure. (if predisposed).

If **stress is prolonged, together with unhealthy behaviours**, can put us at risk of one of today's four (or Five) leading causes of serious illness and death:

- 1) Heart disease
- 2) Cancer
- 3) Stroke
- 4) Chronic Lung disease
- 5) \*\* Obesity

In a recent study from the National Academy of Sciences' Institute of Medicine, they traced half the mortality (deaths) in the USA to find that the leading causes of death are linked to their **BEHAVIOUR**.

- 1) cigarette smoking
- 2) alcohol abuse
- 3) unprotected sex
- 4) ignoring doctor's orders
- 5) insufficient exercise
- 6) use of illicit drugs
- 7) poor nutrition
- 8) driving habits/choices
- 9) unhealthy lifestyles



Doctors and Psychologists have questioned if we can change these behaviours to prolong life and end needless suffering. To help in this goal, a new interdisciplinary field of **BEHAVIOURAL MEDICINE** is now emerging. This integrates both behaviour (psychology) and medicine (doctors).

Health Psychology provides psychology's contributions to behavioural medicine. Some key questions these psychologists and doctors are now asking include:

- 1) how do our emotions and personality influence our risk of disease?
- 2) What attitudes and behaviours help prevent illness and promote health and well being?

- 3) How do our perceptions of a situation determine the stress we feel?
- 4) How can we reduce or control our stress?

1.1- Examine the graphs on p.602 of your textbook. Note the differences in causes of death since 1900 in the United States. What do you think contributes to these differences?

## STRESS & ILLNESS WHAT IS STRESS??

**Stress:** *the process by which we perceive and respond to certain events, called stressors, that we appraise as threatening or challenging.*

HOWEVER...stress is a slippery concept. It is sometimes used to describe threats or challenges (ie: Karen was under a lot of stress), other times to describe our responses. (ie: Karl saw the snake and experienced stress in the moment).

Most psychologists would define Karen's missed train as the '**stressor**', Karl's physical and emotional responses as a '**stress reaction**'.

THUS...stress is not just a stimulus or a response. It is the process by which we appraise and cope with environmental threats and challenges.

### **Individual Characteristics** and Stressors = Stress Reaction

