G. Theories of Stress
1. Holmes/Rahe street scale
   a. “Life-Changing Units” If you do an important and stressful thing in life, you get “life changing units”
   b. Predicts you can add them all up and predict stress level and stress related diseases
   c. Note how even GOOD events can cause stress
   - explains why the wife in the Good Earth died at her son’s wedding
2. Seyle’s General Adaptation Syndrome [ARE you ready for Stress?}
   a. Alarm Your sympathetic nervous system goes into action
   - “fight or flight” avoid it or react to it
   - Triggered by the hypothalamus and parasympathetic nervous system in the bio chapter
   b. Resistance When you’re trying to endure the stress
   - Elevated blood pressure and heart rate
   - Adrenalin is rushing
   c. Exhaustion you become tired from the stress
   d. What if you get too much stress? it takes a toll on your body
3. Perceived control if you have more control in your life, than you have less stress
4. Harlow’s Monkeys an experiment on baby’s drives
   a. the experiment new born monkeys were given a hard mom with materials like food
      and a stuffed soft mom and the monkeys went more to the soft stuffed mom
   b. what it proved Direct comfort is more better than material comfort
   c. the second generation affected the monkeys in the long term throughout life

UNIT ASSIGNMENTS

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BIological Motives

1. What is "homeostatic" and what is one example of it?
2. If you wanted to treat an overeater, how might you work with the lateral hypothalamus or ventromedial hypothalamus (LH or VMH)?
3. What does insulin do?
4. According to Hull’s drive theory (which, strangely enough, has nothing to do with hard drives), why might you decide to eat dinner?