a. Cultures differ __ in responses but there are only 6 facial expressions __
b. Why scream if you see a snake __ showing action/emotion __
c. Babies cry ______ for a variety of reasons ______________
d. Evolutionary perspective __ helps with survival __

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

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