Chapter 14: STRESS AND HEALTH
I. Behavioral Medicine and Health Psychology
II. Stress and Stressors
   A. Reactions to Stress
   B. The Stress Response System
      1. Fight or Flight Response
      2. Hypothalamus-Pituitary-Adrenal Axis (HPA)
      3. General Adaptation Syndrome
   C. The Types and Nature of Stress
      1. Different Types of Stressful Life Events
      2. The Nature of a Stressor Versus Type
III. Stress and Illness
    A. The Heart
    B. Susceptibility to Disease
       1. Stress and the Immune System
       2. AIDS
       3. Cancer
IV. Promoting Health
    A. Coping with Stress
       1. Perceived Control
       2. Explanatory Style
       3. Social Support
    B. Managing Stress (see class activity #2)
    C. Modifying Illness-Related Behaviors
       1. Smoking
       2. Obesity and Weight Control
V. Group Discussion: When does Excess Stress Lead to Illness: The Interaction between Biology and Environment