

Bodily Responses to Stress



This activity will help you to:

- Apply your knowledge of bodily stress responses
- Locate, understand and apply psychological material from sources
- Critically assess the view that stress is a purely biological process

In the boxes provided, make some note-form answers to the following questions. To answer the third question you will need to find some additional information from your textbook or another source.

Paula is about to take a Psychology AS exam and is very anxious. What changes are taking place in her body?

Surita is about to take the same exam, but is producing a far less extreme stress response. Why might this be?

Is it reasonable to view stress as purely a biological process? Refer to evidence to back up your answer.