

The General Adaptation Syndrome



This activity will help you to:

- Describe the general adaptation syndrome
- Describe APFCC for Selye's (1936) research study
- Use resources to research psychological material

Using the resources available to you, find out about the general adaptation syndrome. Use the information you obtain to draw up a summary in the boxes below.

Stage	What Happens in the Body?	How does this affect ability to function properly?
ALARM		
Resistance		
Exhaustion		