

Physiological Techniques of Stress Management



This activity will help you to:

- Identify criticisms of techniques of stress management
- Elaborate on criticisms
- Identify points of comparison and contrast
- Write more effective exam commentary

- Use the hints on the left to formulate criticisms that apply to either drug treatment, or biofeedback, or both.
- Use the notes you make to write a couple of short paragraphs explaining the similarities and differences between the two treatments.

| Hint | Criticism | Comparison or contrast? |
|--|-----------|-------------------------|
| <p>Altering the chemicals in the brain can have many different effects.</p> | | |
| <p>Stress is arguably all about how people perceive their environment</p> | | |
| <p>Treatments that require motivation and engagement frequently fail with people who are very depressed and anxious.</p> | | |