

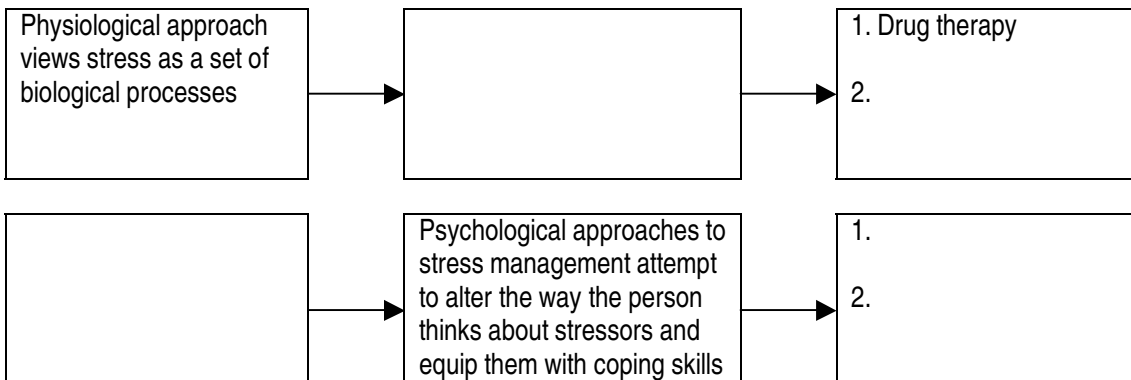
Revision Activities – Stress Management

You need to be able to:

- Distinguish between physiological (biological) and psychological approaches to stress management.
- Describe two biological and two psychological approaches to stress management
- Assess and evaluate these stress management approaches

Activity 1 – The general approaches

Draw up and complete the following diagram to help you distinguish between the physiological and psychological approaches to stress management.



Activity 2 – What do the treatments involve?

Draw a mind map with four branches, one for each treatment. Put the biological treatments on one side and the psychological ones on the other. Coming off from each branch, give a brief outline in point form of what the treatment involves.

Activity 3 – Evaluate the treatments

Draw up the table below on a sheet of A4. In each box, try to note down two good things and two bad things about each treatment. The evaluative points you make can relate either to general issues like how long the therapy takes or whether it has any side effects, or to specific evidence that had found it to be effective or ineffective. Try to have a mix of points, some general, some based on studies.

Treatment	Advantages	Disadvantages