

Name: \_\_\_\_\_

**AP PSYCH**  
**Unit 8B.3 Activities**  
**Happiness & Stress**

These first questions should be based on your own opinions and life experiences. You don't have to use the book.

1. Why are people in countries like Denmark or Sweden so happy and people in Korea is so sad?

2. Are disabled people happy? Why or why not?

3. Explain all of your personal tips to achieve happiness:

4. Explain all of your personal tips to alleviate or deal with stress:

Use your book and the notes to answer the following questions.

1. Happiness: Feel-good, do-good phenomenon: Describe a time in your life when you demonstrated this phenomenon. You must describe WHY you were in a good mood to begin with, OR WHY you got in a good mood after the deed. Describe the good deed, too.

2. Happiness: What is well-being?

3. The Short Life of Emotional Ups and Downs: the book states, "We overestimate the duration of our emotions and underestimate our capacity to adapt." Explain what that means, and use Figure 8B.18 to justify your answer.

4. Wealth and Well-Being: Does money buy happiness? Kind of? No? Yes? Explain this in your own words but use at least two supporting details from the text.

5. Wealth and Well-Being: Read about the *diminishing returns phenomenon* and the *diminishing marginal utility* and describe a real world scenario in which you or someone else would demonstrate this.
  
6. Two Psychological Phenomena – Adaptation & Comparison: Read about the *adaptation level phenomenon* and describe a real world scenario in which you or someone else would demonstrate this.
  
7. Two Psychological Phenomena – Adaptation & Comparison: Read about *relative deprivation* and describe a real world scenario in which you or someone else would demonstrate this.
  
8. Predictors of Happiness: List at least 6 other predictors of happiness from this section. (the answer is at the very end):


9. What is behavioral medicine AND health psychology?

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10. What is stress? Identify stressor, stress, and stress reaction with a real-world example you have experienced:

Stressor	Stress Reaction	Stress

11. Stress Appraisal & The Stress Response System: Think of all of your stressors. Then fill in the chart with your stress reaction / stress responses. Take your stressors and fit an example into each category of stress reaction / stress responses. You must describe the stress reactions and responses listed below. Then think of a life stressor that fits that category of reaction and response. Then explain what you did and why, and the consequences.

Text book description of stress reaction / stress response	Your life stressor that fits this category	What did you do and why?	Consequences
Appraised as threat			
Appraised as challenge			

Text book description of stress reaction / stress response	Your life stressor that fits this category	What did you do and why?	Consequences
Fight or flight			
Withdraw			
Tend & Befriend			
GAS phase 1			
GAS phase 2			
GAS phase 3			

12. Fill in this chart below with a description of the type of stressful life event from the book and then list your own real world examples that you have dealt with.

Stressful life event and description	Your real world example
Catastrophe	
Significant Life Changes	
Daily Hassles	

13. Stress and Heart: What causes coronary heart disease?

14. Stress & Heart: Define Type A and Type B people. Which are you, A or B? Explain why.

15. Stress & Heart: Who is more likely to be unhealthy? Why?

16. Stress & Susceptibility to Disease: What are psychophysiological illnesses? What are some examples of these illnesses?

17. Stress & Susceptibility to Disease: What is psychoneuroimmunology?

18. Psychoneuroimmunology: What are the 4 components of the immune system that defend your body?

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19. Psychoneuroimmunology: Stress depresses the immune system. What are 4 results of stress on the immune system?

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20. Stress & AIDS: Does stress increase negative effects and symptoms of AIDS? Use evidence from the book to explain why:

21. Stress & AIDS: Does reducing stress decrease negative effects and symptoms of AIDS: Use evidence from the book to explain why:

22. Stress & Cancer: Does stress increase negative effects and symptoms of cancer? Use evidence from the book to explain why:

23. Stress & Cancer: Does reducing stress decrease negative effects and symptoms of cancer: Use evidence from the book to explain why:

24. Stress & Cancer: Does stress cause cancer? Use evidence from the book to explain why: