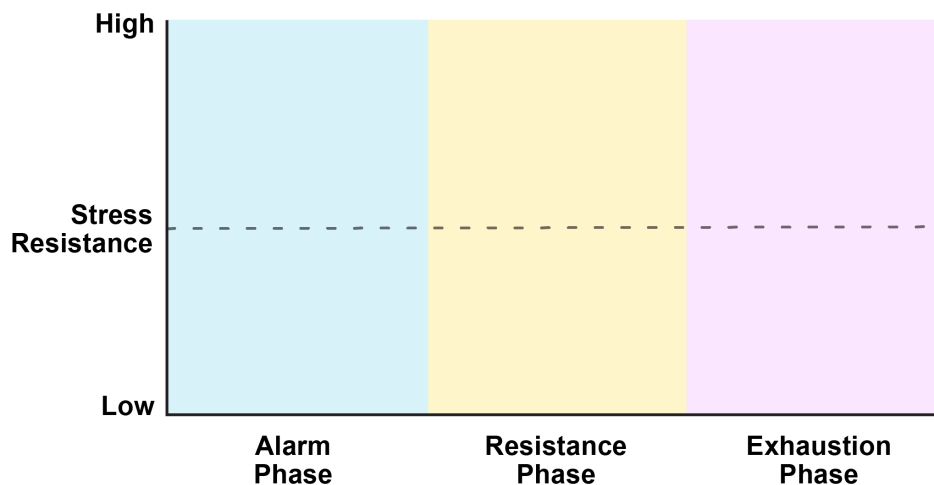
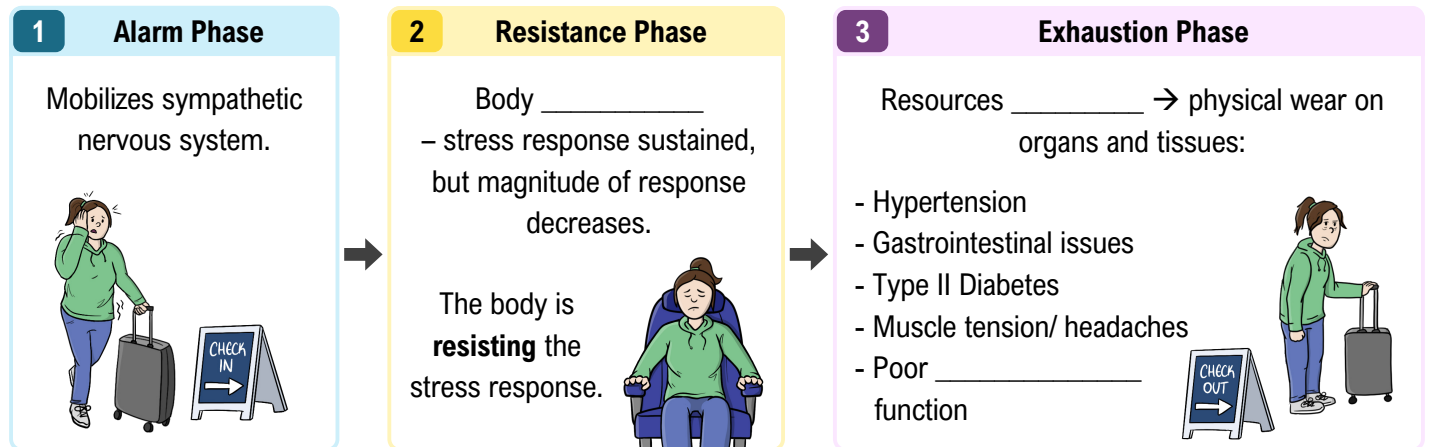


TOPIC: GENERAL ADAPTATION SYNDROME

◆ **General Adaptation Syndrome:** Set of physiological reactions experienced during _____ stressors.

- Discovered by Hans Selye in 1956, who subjected rats to various stressors and recorded the outcomes.
- Identified _____ phases that the body goes through.

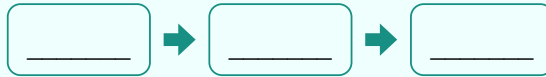
◆ **Stress Resistance:** The body's ability to adapt to and function under _____.



TOPIC: GENERAL ADAPTATION SYNDROME

EXAMPLE

Order the three statements below to be consistent with general adaptation syndrome.



- a) At the end of the semester, Mikel turns in his final report to his manager. He is feeling run down and is suffering from regular tension headaches.
- b) Mikel starts a new internship at a very competitive company. During his first team meeting, his manager puts him on the spot, asking questions about his qualifications.
- c) Mikel puts in extra hours to meet the demands of his boss. He is less anxious in meetings but feels that he is under a lot of pressure to perform well.

PRACTICE

During which phase of general adaptation syndrome are you **most** susceptible to illness?

- a) Alarm Phase
- b) Resistance Phase
- c) Exhaustion Phase