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stress is, evaluate their
level of stress, and apply
to their own lives the tools
and skills to manage that
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Chapter 02 Stress

Psychophysiology Student:

_____ 1. The upper part of
the brain responsible for
thinking functions is called
the A. cerebral cortex. B.
subcortex. C. cerebellum. D.
limbic cortex. 2.

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The goal of stress management is to eliminate all stress. ? limit the harmful effects of stress. make life happy and easy. do all of the above. Multiple Choice Question 23.

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level of stress,

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Comprehensive Stress

Management empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress.

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to learn what stress is,
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