

Behavioral Medicine	An interdisciplinary field that integrates behavioral and medical knowledge and applies it to disease
Health Psychology	A subfield of psychology that provides psychology's contribution to behavioral medicine. (finds out what attitudes and behaviors prevent illness)
Stressor	Something that causes stress
Stress Reaction	Physical and emotional response to a stressor
Stress	The process by which we perceive and respond to events that we appraise as threatening or challenging; how we cope with them;
Stress Response 1	Sympathetic nervous system triggers release of epinephrine, and norepinephrine, increases heart rate, increased respiration, slows digestion, blood to skeletal muscles, releases glucose. (fight or flight)
Stress Response 2	Cerebral cortex demands (via hypothalamus & pituitary gland): adrenal glands secrete glucocorticoid-stress hormones like cortisol.
General Adaptation Syndrome (GAS)	Selye's concept of the body's adaptive response to stress in three stages: alarm, resistance, exhaustion.
Alarm Reaction	Phase 1 of GAS; sudden activation sympathetic nervous system; mobilize resources.
Resistance	Phase 2 of GAS; stress resistance remains because of continued sympathetic nervous system functions; cope with stressor
Exhaustion	Phase 3 of GAS; reserves depleted; body cannot fight off stress any longer
Telomeres	Shorter bits of DNA at the end of chromosomes; when they become too short they can no longer replicate; stress speeds up this process
Coronary Heart Disease	Clogging of vessels that nourish the heart muscle; leading cause of death in many developed countries; can be caused by hypertension, smoking, obesity, family history, hi-fat diet, physical inactivity, elevated cholesterol level and stress.
Type A	Friedman and Rosenman's term for competitive, hard-driving, impatient, verbally aggressive and anger prone people.
Type B	Friedman and Rosenmans's term for easy going, relaxed people.
Psychophysiological Illness	"Mind-body" illness; any stress related physical illness such as hypertension and headaches.
Lymphocytes	Two types of white blood cells that are part of the body's immune system
B lymphocytes	Form in the bone marrow and release antibodies that fight bacterial infections.
T lymphocytes	Form in the thymus and other lymphatic tissue and attack cancer cells, viruses and foreign cells
Macrophage	Immune system agent that identifies, pursues and ingests

	harmful invaders.
Coping	Alleviating stress using emotional, cognitive or behavioral methods
Problem-focused Coping	Attempting to alleviate stress directly by changing the stressor or the way we interact with it. (used when we feel we have a sense of control over a situation)
Emotion-focused Coping	Alleviating stress by avoiding or ignoring a stressor and attending to emotional needs related to one's stress reaction.
Aerobic Exercise	Sustained exercise that increases heart and lung fitness; can alleviate depression and anxiety
Biofeedback	A system for electrically recording, amplifying and feeding back information regarding a subtle physiological state such as blood pressure or muscle tension; can help a person learn how to control a physiological response.