

B1 Stress

Learners demonstrate an understanding of the key concepts of the causes and responses to stress, making judgments on the relative importance and effectiveness of these. Learners apply the key concepts of the causes and the physiological response to stress to given scenarios.

- Causes of stress:
 - definition and role of life events and daily hassles in stress
 - role of the workplace in stress: role conflict, effect of the environment, level of control
 - definition and role of personality in stress.
- Physiological responses to stress, to include:
 - general adaptation syndrome (GAS)
 - the role of the sympathomedullary (SAM) and the hypothalamic-pituitary-adrenal (HPA) system in chronic and acute stress
 - role of adrenaline in the stress response.
- Limitation of viewing stress as a purely physiological response:
 - gender differences in physiological responses
 - more than two responses, the 'freeze' response and role of cognitions
 - fight or flight response is maladaptive in modern society
 - role of personality, variation in level and type of hormones released.
- The link between stress and physical ill health – short term (headache, stomach upset, fatigue) and long term (heart attack, stroke, hypertension).

You are going to complete preview work for Unit 3, B1 causes of stress. (Health Psychology Examination – January 2026)

Task	Description	Complete?
Part 1: Video Comprehension	Watch the following videos and visit the websites and complete the tasks to show your understanding.	
Life Events	<ul style="list-style-type: none"> Life Events (up to 4.50 min) https://www.youtube.com/watch?v=-ooeUrglDXI Watch the video and summarise what a major life event is. Identify two examples of life events mentioned in the video. Explain how major life events can impact psychological health. 	
Daily Hassles	<ul style="list-style-type: none"> Daily Hassles (up to 4.20 min) https://www.youtube.com/watch?v=8fODtFuu31k Watch the video and list three daily hassles described. Describe the difference between major life events and daily hassles. How might daily hassles contribute to stress over time? Give an example of a daily hassle and suggest ways to cope with it. 	
Workplace	<ul style="list-style-type: none"> Workplace (up to 1.00 min) https://www.youtube.com/watch?v=NWF1E0JlxIk Watch the video and identify one key point about stress in the workplace. Why is the workplace considered a significant source of stress? Suggest two strategies to manage work-related stress based on the video. 	
Personality	<ul style="list-style-type: none"> Personality (up to 2.00 min) – Video 1 https://www.youtube.com/watch?v=Mkok5VXs32k Watch the clip and describe what personality refers to. List two personality traits mentioned in the video. Explain how personality can influence an individual's response to stress. Personality (up to 2.10 min) – Video 2 https://www.youtube.com/watch?v=YK185dYCakU Watch the clip and outline the main idea about the stability of personality traits. How might understanding personality help in health care practices? 	
Part 2: Reading Comprehension	<ul style="list-style-type: none"> Life Events & Daily Hassles – https://www.simplypsychology.org/SRRS.html Summarise what the Social Readjustment Rating Scale (SRRS) measures. Explain how the SRRS can be used to assess stress levels related to life events. 	

	<ul style="list-style-type: none"> • Identify two limitations of using the SRRS for measuring stress. • How do daily hassles compare to major life events in their impact on health? 	
Reflection	In your opinion, which do you think has a greater impact on health: major life events or daily hassles? Justify your answer based on the information provided.	
Application	<p>Application Question:</p> <p>Design a small intervention plan for reducing stress in the workplace, incorporating ideas from the videos and readings.</p>	

All of these tasks can be presented in anyway:

- Mind maps
- Revision notes
- Handwritten or types notes
- Tables

Supporting materials:

Revision guide – will be on onedrive in the folder