

Chapter 14

45. Stressors tax the body in a physical manner. It can start to take effect on the body's tissues and organs, cause one to have illness, diseases, and even death. The body overtime has to adjust to readjust the different types of stressors to be able to respond to the different effects.

48. Thomas Holmes and Richard Rahe develop the social readjustment rating scale To assess how physical illness may be linked to everyday life stressors that involves significant life events and changes within an individual's regular life. There were over 43 different life events that could happen to an individual over their lifetime that were being assessed such as death of a close family member changes in finances and even personal injury and illness for example.

53. Job burnout is when one is extremely overwhelmed, emotionally tired, and mentally depleted due to their job or place of employment. This usually happens within jobs that are servicing the public or individuals to meet the needs of others, for example social workers, hospital staff, and even teachers.

60. Job strain on an individual usually has to do with their body and physical strength. Due to job strain is associated with work that can be physically demanding with long hours not allowing the employee to have control over their time. This type of situation at work can also take a toll on the employee's mental health and could be the possible cause of hypertension, heart attack and fluctuation in weight.

62. The two hormones identified in the end of the fight or flight response are epinephrine and norepinephrine. When an A fight or flight situation one's heart will start beating fast and the individual will breathe heavily and even get nervous feelings in their stomach. This usually occurs when a person is put in an unexpected situation that causes them to feel strong emotions

or threaten within the moment. The fight or flight response allows an individual to make the decision within the moment how to stay alive from a pending threat.