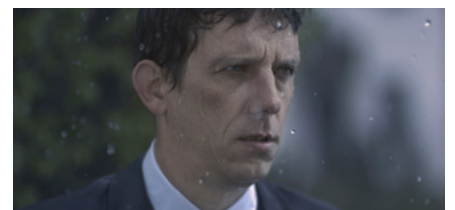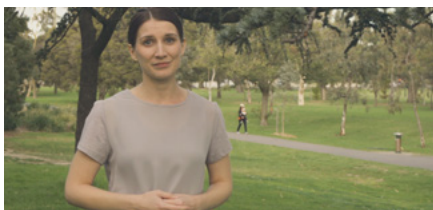# Psychology

Stills from our new series

Psychology Concepts

This series investigates stress as a psychobiological process. It includes models of cognitive and physiological processes and strategies for managing stress.

Managing and Coping with Stress

Psychologists have studied the cognitive and emotional strategies we use to cope with stress for decades. This programme explores the benefits and costs of two widely recognised strategies: avoidance and approach. Additional strategies of social support, exercise, drug therapy and biofeedback are also discussed.

2016 | 11 min | CC | AR

GCSE, AS and A Level (Psychology)

Additional Resources

- Comprehension Questions
- Recommend Coping Strategies
- Investigating Scientific Research

- Suggested Responses
- Transcript

Stress as a Biological Process

We all feel stress: a response to demands that exceed our ability to cope. It's not only psychological—biology plays a major role in the stress response. This programme details the immediate physiological processes of fight or flight responses, as well as the stages of General Adaptive Syndrome (GAS). The negative effects of prolonged stress on the body are also explored.

2016 | 11 min | CC | AR

GCSE, AS and A Level (Psychology)

Additional Resources

• Comprehension Questions

• Mix and Match

• Annotating the HPA Axis

• Suggested Responses

• Transcript

Stress as a Psychological Process

This programme begins by defining stress and its causes. Types of stressors like daily life hassles and major life events, and the psychological responses of eustress and distress are explored. The second half of the programme looks closely at the Transactional Model of Stress and Coping (Lazarus and Folkman) and how the cognitive appraisal of experiences—how we perceive a situation—impacts stress.

2016 | 10 min | CC | AR

GCSE, AS and A Level (Psychology)

Additional Resoures

• Comprehension Questions

• Researching the Holmes-Rahe Scale

• Coping Mix and Match

• Suggested Responses

• Transcript