

## Emotion and Stress

The elements of emotion:

The face

Facial feedback hypothesis

The body

James-Lange Theory

Canon-Bard Theory

The brain

The hemispheres

The amygdala

The hormones

The mind

Two-factor theory of emotion

Attribution

The Culture

Stress

The physiology of Stress

Hans Selye's General Adaptation

Alarm

Resistance

Exhaustion

Common sources of stress

Stress-illness mystery

Psychoneuroimmunology

Optimism and Pessimism

The Sense of Control

Coping with Stress

Cooling off

Solving the problem

Rethinking the problem

Drawing on social support

Healing through helping