26 Emotion, Stress and Health: Crash Course Psychology

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

<https://www.youtube.com/watch?v=4KbSRXP0wik>

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| What can our emotions effect? |  |
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| What have studies shown about people who a positive outlook on life? |  |
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| What is the facial feedback hypothesis? |  |
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| What can a small amount of Botox in the forehead cure? |  |
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| What are introverts good at? |  |
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| What are extroverts good at? |  |
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| What are the 10 basic emotions identified by Carol Izard? |  |
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| What is the two dimension model of emotions?  What are the four characteristics of the two dimensional model? |  |
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| What do the polarities of the two dimensional model effect? |  |
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| When it comes to bad moods what do we over estimate and underestimate? |  |
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| Define stress |  |
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| What are the three main categories of external stressors? |  |
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| What is the effect of short lived stress? |  |
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| What are your stress hormones? |  |
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| What is chronic stress? |  |
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| What happens to people suffering from PTSD? |  |
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| What is the brain in the gut? |  |
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| How does chronic stress effect you heart and liver? |  |
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| What type of people live longer? |  |
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| What three factors can cause your body to break down? |  |