

EXAM-DAY · 90-MIN REVISION CARD

Meeting Life Challenges

Print this · Fold it · Carry to the exam-hall gate · Revise once · Then walk in.

FORMULAS & KEY RESULTS

STRESS = a pattern of responses to demands appraised as TAXING/exceeding one's resources (Lazarus).

EUSTRESS = positive ·

DISTRESS = harmful (Selye)

TYPES OF STRESS: physical/environmental · psychological (frustration + conflict + pressure + internal) · social

SOURCES: life events (major changes) · hassles (daily irritants) · traumatic events (catastrophes)

SELYE'S GAS (1936) — 3

STAGES IN ORDER: (1) ALARM reaction → (2) RESISTANCE → (3) EXHAUSTION. Alarm FIRST.

Exhaustion = immune collapse + illness

LAZARUS APPRAISAL:

PRIMARY = 'Is it a threat?'

(irrelevant / positive / stressful: harm-loss · threat · challenge).

SECONDARY = 'Can I cope?' (resources)

EFFECTS OF STRESS: emotional · physiological · cognitive · behavioural. Burnout = emotional + physical + attitudinal exhaustion

PSYCHONEUROIMMUNOLOGY

(PNI): chronic stress →

↑ cortisol → ↓ immune function

(fewer NK cells, slow wound healing)

PERSONALITY-HEALTH: TYPE A

(hostile, time-urgent → CHD) ·

TYPE B (relaxed → protective) ·

TYPE C (emotion-suppressing

→ cancer) · TYPE D (distressed)

COPING — Lazarus & Folkman:

PROBLEM-FOCUSED (act on

stressor) vs EMOTION-

FOCUSED (manage feelings)

COPING — Endler & Parker:

TASK-oriented · EMOTION-

oriented · AVOIDANCE-oriented

TOP 5 PYQ PATTERNS

1 Selye's General Adaptation Syndrome (3 stages)

5 marks · 88% of years

Alarm → Resistance → Exhaustion, in order, with the illness link at exhaustion.

2 Coping strategies (Lazarus & Folkman + Endler & Parker)

5 marks · 80% of years

Problem- vs emotion-focused; then task/emotion/avoidance-oriented. Name both theorists.

3 Stress management techniques

5 marks · 65% of years

Relaxation + meditation + biofeedback + visualisation + CBT + exercise — explain HOW each works.

4 Types + sources of stress

3 marks · 60% of years

Physical/psychological/social types; life-events/hassles/traumatic sources.

5 Life skills + resilience + social support

3 marks · 50% of years

Assertiveness, time-management, rational thinking, problem-solving; resilience is learnable; social support buffers stress.

90-MIN REVISION FLOW

0-15 min

Memorise GAS 3 stages (alarm-resistance-exhaustion) + Lazarus's 2 appraisals + the 2 coping taxonomies. Use the cheat-sheet table.

15-30 min

Write 'Explain Selye's GAS' answer from memory in <12 min, stages in order.

30-45 min

Write 'Differentiate problem-focused vs emotion-focused coping + Endler & Parker's 3 styles'.

45-60 min

Write 'Stress management techniques' with 5-6 techniques, each with HOW it works.

60-75 min

Take the 15-MCQ Quick Drill.

75-90 min

Review wrong answers + memorise Type A/B/C/D + PNI immune link + hardiness 3 C's.

STRESS MANAGEMENT:

relaxation · meditation ·
biofeedback · creative
visualisation · CBT
(Meichenbaum SIT) · exercise

POSITIVE HEALTH: stress
resistance · **HARDINESS**
(Kobasa 3 C's — Commitment,
Control, Challenge) · LIFE
SKILLS · resilience · diet ·
positive attitude · **SOCIAL
SUPPORT**

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