

**PSYCHOLOGY · CHAPTER 3**

# Meeting Life Challenges

A 1-page guide for parents · 90-second read.

**EXPECTED MARKS**

**5-6 out of 7. Below 4  
means the GAS stages  
and coping taxonomies  
aren't memorised.**

**TIME TO MASTER****8-10 hrs****HELPLINE****70330 05444****WHAT THIS CHAPTER IS, IN PLAIN ENGLISH**

Your child is learning the psychology of STRESS and how to COPE with it. They study what stress is (the body-and-mind response to demands that feel beyond our resources), its types (physical, psychological — frustration/conflict/pressure, and social) and sources (big life events, small daily hassles, traumatic events). They learn Hans Selye's General Adaptation Syndrome — the three bodily stages of stress (alarm → resistance → exhaustion) — and Lazarus's idea that how we APPRAISE a situation determines how stressful it feels. They learn how chronic stress harms health by weakening the immune system (psychoneuroimmunology) and links to personality types A/B/C/D. Finally they learn COPING (problem-focused vs emotion-focused), stress-management techniques (relaxation, meditation, biofeedback, exercise, CBT), and how to build POSITIVE HEALTH through life skills, resilience, and social support.

**5 QUESTIONS TO ASK YOUR CHILD**

- What are the three stages of Selye's General Adaptation Syndrome, in order?
- What is the difference between problem-focused and emotion-focused coping?
- What are Endler & Parker's three coping styles?
- How does chronic stress affect the immune system?
- What are life skills, and how do they help meet life challenges?

**WEAK-SPOT INDICATORS**

- Reverses the GAS stage order (says resistance or exhaustion comes first).
- Thinks emotion-focused coping is just 'giving up'.
- Confuses Lazarus & Folkman's 2 coping types with Endler & Parker's 3 styles.
- Says 'all stress is bad' (misses eustress).
- Cannot name the four personality-health types (A/B/C/D).

**WHEN TO WORRY — AND WHAT TO DO**

This chapter is concept- and term-heavy, with several authors and fixed-order lists. Students lose marks by reversing the GAS stages and by mixing up the two coping taxonomies. Build a table: concept + author + the exact labels + one example.

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