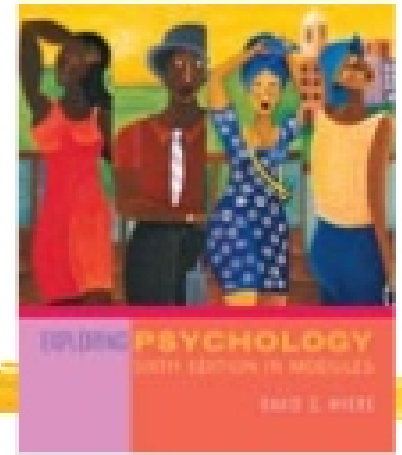


Myers *EXPLORING* *PSYCHOLOGY* (6th Edition in Modules)



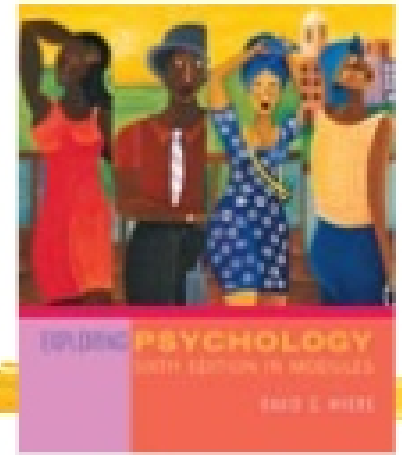
Module 31

Stress and Illness

James A. McCubbin, PhD
Clemson University

Worth Publishers

Stress and Illness



- Stress

- the process by which we perceive and respond to certain events, called *stressors*, that we appraise as threatening or challenging



Stress Appraisal

