

Handout 3.1: Diagrams on Stress

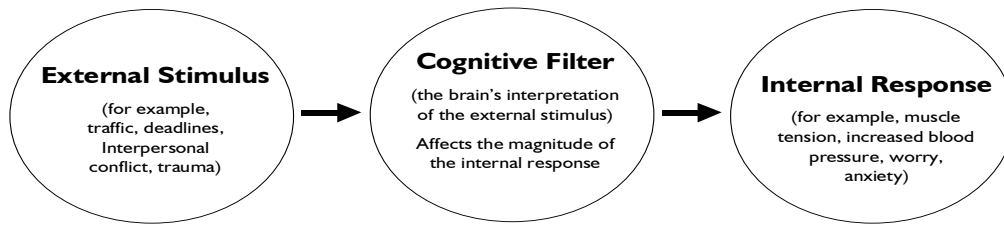


Diagram 1

Stress Is Usually Cumulative

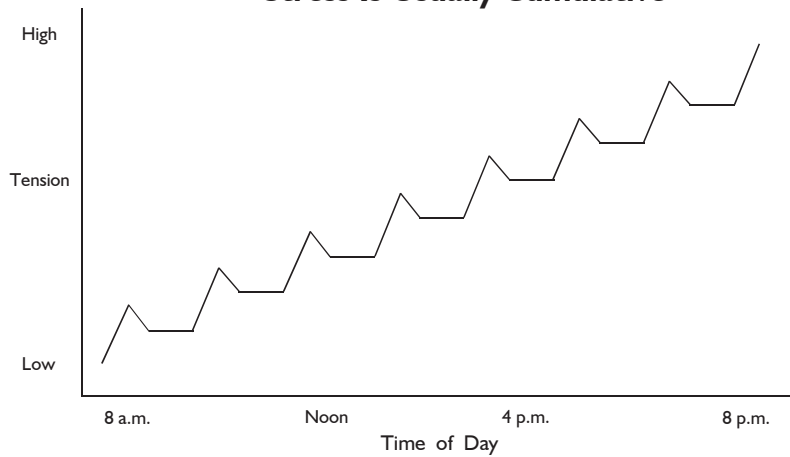
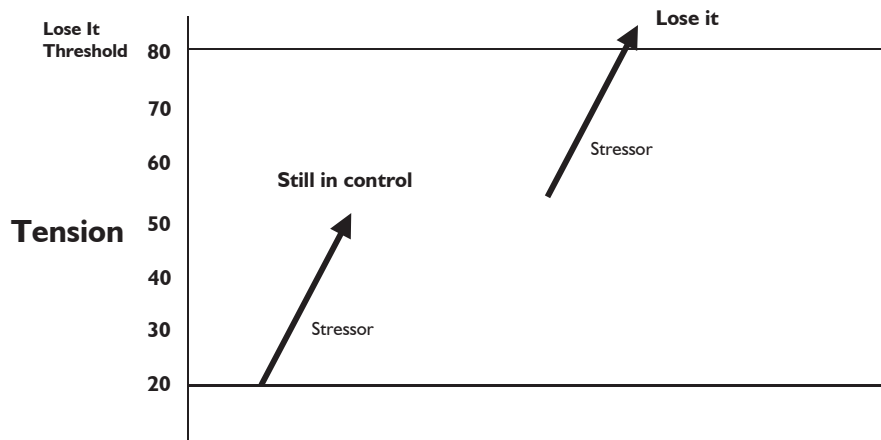


Diagram 2

Staying in Control and Losing It



Why the Same Stressful Event Can Have Different Effects Depending on Level of Tension When It Occurs

Diagram 3

Level of Arousal and Performance

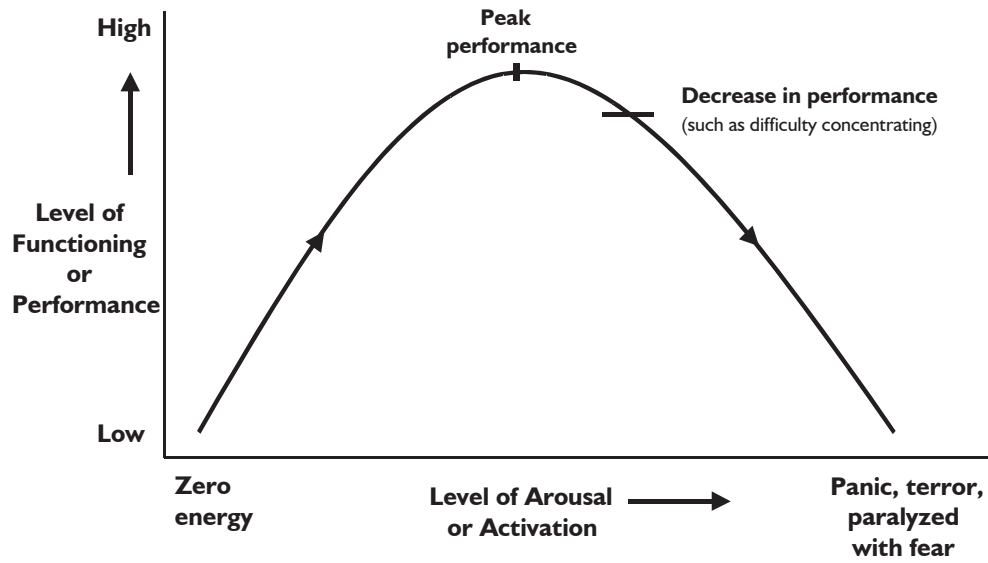


Diagram 4

How People with High and Low Blood Pressure Recover from Stress Differently

- 1 = Initial Resting Phase (Initial Baseline)
- 2 = Stressor Phase
- 3 = Recovery Phase (Return to Baseline)

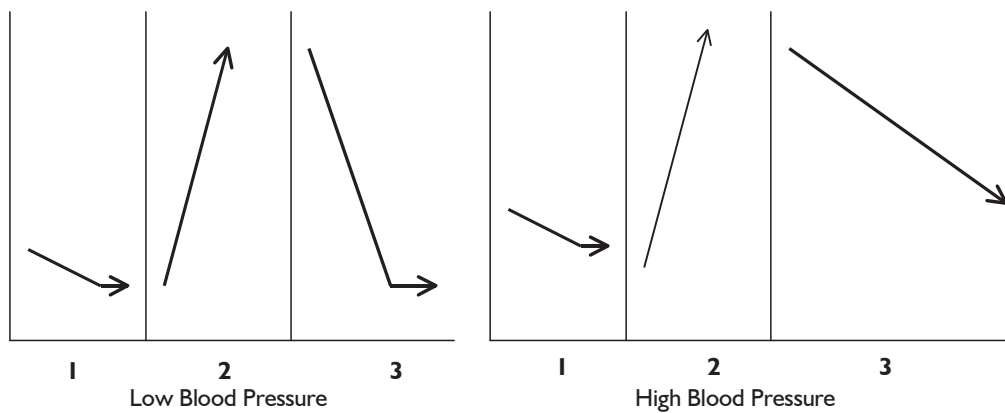


Diagram 5