

Nutrition & Wellness for Life © 2012
Chapter 18: Stress and Wellness—Glossary

biofeedback. A technique of focusing on involuntary bodily processes, such as breathing and pulse rate, in order to control them.

daily hassles. Minor stressors that produce tension.

distress. Harmful stress.

fight or flight response. Physical reactions to stress that happen as the body gathers its resources to conquer danger or escape to safety.

life-change events. Major stressors, such as death, divorce, and legal problems that can greatly alter a person's lifestyle.

negative stress. Stress that can reduce a person's effectiveness by causing him or her to be fearful and perform poorly.

positive stress. Stress that motivates a person to accomplish challenging goals.

progressive muscle relaxation. A relaxation technique that involves slowly tensing and then relaxing different groups of muscles.

self-talk. A person's internal conversations about himself or herself and the situations he or she faces.

stressor. A source of stress.

support system. A group of people who can provide a person with physical help and emotional comfort.