Stress and Health

Sources of Stress: What Gets to You
- Stressful Events
- Chronic Stressors
- CULTURE AND COMMUNITY Can Being the Target of Discrimination Cause Stress and Illness?
- Perceived Control over Stressful Events

Stress Reactions: All Shook Up
- Physical Reactions
- HOT SCIENCE Why Sickness Feels Bad: Psychological Effects of Immune Response
- Psychological Reactions

Stress Management: Dealing with It
- Mind Management
- Body Management
- Situation Management

The Psychology of Illness: When It’s in Your Head
- Recognizing Illness and Seeking Treatment
- HOT SCIENCE This is Your Brain on Placebos
- Somatoform Disorders
- On Being a Patient

The Psychology of Health: Feeling Good
- Personality and Health
- Health-Promoting Behaviors and Self-Regulation
- WHERE DO YOU STAND: Should Smoking Appear on the Silver Screen?