Practice Test Unit 8. F 20

1. The tendency to increase drug use is likely to happen in the

Resistance Stage of the General Adaptation Syndrome.

1. Positive and negative life events can produce the General Adaptation Syndrome.
2. An example of avoidant coping is wishful thinking.
3. The lack of social support is a risk factor for Post Traumatic Stress.
4. Many people find that physical exercise like running is a way of reducing stressors.