

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **Stressor** - Stress causing agent.
- **Fight or flight** - A series of physical responses activated automatically in response to environmental stressors.
- **Eustress** - Positive stress.
- **Distress** - Negative or harmful stress under which health and performance begin to deteriorate.
- **Homeostasis** - A natural state of equilibrium. The body attempts to maintain this equilibrium by constantly reacting to external forces that attempt to disrupt this fine balance.
- **General adaptation syndrome (GAS)** - A theoretical model that explains the body's adaptation to sustained stress, which includes three stages: alarm reaction, resistance, and exhaustion/recovery.