

Artifact #3 Glossary

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1. Coping Response (11.7)

- a. Definition: Any attempt made to avoid, escape from, or minimize a stressor.
- b. Application: These are actions we take, consciously or unconsciously, to reduce our stress. In my artifact, I explain the four ways Michael S. Gazzaniga says we can control our emotions and how they can also be used as coping responses to stress.

2. Daily Hassles (11.7)

- a. Definition: Small, day-to-day irritations with annoyances that can be extremely stressful.
- b. Application: The more daily hassles we experience, the more negative the impact on our mental health. These four ways of controlling our emotions can help us deal with these daily hassles in positive ways, such as finding humor in stressful situations or changing your perspective on large amounts of homework that needs to be completed.

3. Display Rules (10.6)

- a. Definition: Rules learned through socialization that dictate which emotions are suitable in given situations.
- b. Application: By learning how to control our emotions, we can change our facial expressions and response to stress in ways that fit the display rules of our society.

4. Fight-or-Flight Response (11.9)

- a. Definition: The physiological preparedness of animals to deal with danger by either fighting or fleeing.
- b. Application: This is how many people respond to stress frequently, as stress creates much anxiety within us. By using the four ways to control our emotions, we can avoid feeling a chronic fight-or-flight response to our daily hassles and major life stressors.

5. Major Life Stressors (11.7)

- a. Definition: Changes or disruptions that strain central areas of people's lives.
- b. Application: Major life stressors are more impactful than daily hassles, in that they bring enormous change within our lives. They can be positive (going to college) or negative (parents getting divorced). While it is harder for the four ways of controlling our emotions to relieve the stress of these events, it is still possible. For example, if you experienced the loss of a loved one, some of your stress can be relieved by reappraising the situation (saying they are in a better place).

6. Reappraisal (10.5)

- a. Definition: Involves stepping out of the moment in time and getting a broader perspective.
- b. Application: Getting a broader perspective of the situation you are in definitely helps in reducing stress, but it takes much discipline to do. For me, this is extremely useful when working on homework. Recently I have

been reappraising the situation of dealing with a lot of homework. I have been stepping back to see the reason why I am completing it: to get an education and help provide for my family one day.

7. Rebound Effect (10.5)

- a. Definition: When people think more about something after suppression than before.
- b. Application: This is the result of thought suppression (one of the strategies we should not use when attempting to control our emotions). Often, when we try to not think about the situation that makes us stressed, we just start thinking about it more frequently. This will result in us having more stress, which is not beneficial for our mental health.

8. Rumination (10.5)

- a. Definition: Involves thinking about, elaborating on, and focusing on undesired thoughts or feelings.
- b. Application: This is the second strategy that Michael S. Gazzaniga says we should not implement when trying to control our emotions. Thinking about the stressor repeatedly will only result in more stress and anxiety.

9. Stress (11.7)

- a. Definition: A type of response that typically involves an unpleasant state, such as anxiety or tension.
- b. Application: The four ways to control our emotions can also be used to relieve the stress we experience in our lives, whether they are daily hassles or major life stressors.

10. Thought Suppression (10.5)

- a. Definition: When people tend to not feel or respond to the emotion at all.
- b. Application: This is the first strategy that we should not use when trying to control our emotions, according to Michael S. Gazzaniga. This action is extremely difficult and usually results in you thinking about the stressor more than you did to begin with.