Emotion Study Questions

1. Define the term *emotion*. Be clear and given two examples of each emotion in each term of each dimension.

2. What role does the autonomic nervous system play in emotions? How do the frontal lobes participate in the experience of emotions? What do the amygdala and the septum do in the regulation of emotions?

3. What are three characteristics of the range of emotions?

4. Tell me what you know about the non-verbal expressions of emotions. How is it done, is it effective, and when is it learned?

5. What is Health Psychology about and what areas of concern would a health psychologist focus on?

6. Define the term *stress*. Tell me what you know about it. What is the general adaptation syndrome?

7. When thinking about coping with stress, what is the difference between *monitoring* techniques and *blunting* techniques? According to Lazarus, what is the most important factor in what makes something stressful? What is the problem when an individual has too much stress in their life? What can it lead to?