1. What is stress? Why is it related to emotion?

2. Know generally what the HPA system is and why it is important to talk about in the context of stress and health.

   a. What are 2 ways in which disclosure of negative events may improve health?
   b. What did they do in their study?
   c. What emotional effects did writing about trauma have (both in the short and long term)?
   d. What were the health effects (e.g., on immune functioning, in terms of visit to the health center)?
   e. Overall, what do the results suggest about the short and long term effects of disclosing negative events?

   a. Theoretically, why are they looking at appraisals? Do does their perspective lead them to think that the death of a loved one could be anything but uniformly negative?
   b. What were the 3 things they looked at in the study and how did they go about this?
   c. What was found and what can we conclude?

5. Considering Pennebaker et al.’s research and what we’ll talk about in class, what are some ways in which the impact of stress on health can diminished?