Remember that final application paper on stress and health is due on 4/28 at the beginning of class, and that our final is on Monday, May 3, 7:30 - 10:00 am. See last week’s outline on individual differences for information on the cumulative question on the final.

We’ll have a review session in class on 4/28.

**Emotion Regulation**

1. Salovey & Meyer
   a. What do they include as the 3 components of emotional intelligence?

   a. According to past studies, what effects does emotion regulation seem to have on physical and emotional health.

   b. According to Gross, why do these effects occur (what is his model)?

   c. What are antecedent- and response-focused coping?

   d. What effects do each have on expressive behavior, subjective experience, and physiology?

   e. What are the potential benefits and disadvantages that Gross identifies for each type of emotion regulation?