**Ch. 4 Vocab**

**Lesson 1**

1. Perception: The act of becoming aware through the senses.
2. Stressor: Anything that causes stress.
3. Psychosomatic Response: A physical reaction that results from stress rather than from an injury or illness.

**Lesson 2**

1. Chronic Stress: Stress associated with long term problems that are beyond a person's control.
2. Relaxation Response: A state of calm.

**Lesson 3**

1. Stages of Grief: A variety of reactions that may surface as an individual makes sense of how a loss affect him or her.
2. Closure: Acceptance of a loss.
3. Coping: Dealing successfully with difficult changes in your life.
4. Mourning: The act of showing sorrow or grief.
5. Traumatic Event: Any event that has a stressful impact sufficient to overwhelm your normal coping strategies.