

Chapter 12A—Emotional Stress and Health
Emotional Stress and Health

1. Brief, unintentional facial expressions reveal emotions that people might want to hide.
- a. True
 - b. Fals
 - c

ANSWER: True

2. Danger at a distance activates the parasympathetic nervous system.
- a. True
 - b. Fals
 - c

ANSWER: True

3. Many activities activate parts of both the sympathetic and parasympathetic nervous systems.
- a. True
 - b. Fals
 - c

ANSWER: True

4. According to the James-Lange theory, feeling an emotion leads to action.
- a. True
 - b. Fals
 - c

ANSWER: Fals
c

5. People who have only weak autonomic arousal generally report weak emotional feelings.
- a. True
 - b. Fals
 - c

ANSWER: True

6. Your posture and facial expression can affect your emotion.
- a. True
 - b. Fals
 - c

ANSWER: True

7. Fear and anger produce similar responses by the autonomic nervous system.
- a. True
 - b. Fals
 - c

ANSWER: True

8. If you think a pill caused your rapid breathing and racing heart, you won't feel as much emotional arousal.

12a Stress Health Coping Answers

Joacim Rocklöv



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