Discussion Topic NO.1

Stress is simply a fact of nature. The individual responds to stress in ways that affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, we usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience.

* Using your *book or another source,* define what constitutes **stress**.
* What are your particular **stress factors** (=stressors) and how do you **cope** with each?
* Respond to at least one classmate with some **suggestions** on how they might deal with their stress factors.

Remember to correctly cite any source you use and if you use direct quotes, use them sparingly and include quotation marks!

Discussion Topic NO.2

Dr. Grace Tsai (2009) on the Discovery Health website quotes the Surgeon General's Report on Mental Health in describing what mental health is. She quotes the report saying that it "refers to the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity."

Tsai, G. 2009. Discovery Health: Mental Health Center.

<http://health.discovery.com/centers/mental/whatis/whatis_03.html>

 Accessed 10/27/2009.

Answer the following questions:

What is your own definition of mental health?

What are three things that will promote good mental health?

Remember to correctly cite any source you use and if you use direct quotes, use them sparingly and include quotation marks!