Name **one** physiological method of stress management.

*Biofeedback  
drug therapy.*

Explain strengths of this physiological method of stress management.

*Biofeedback:  
No side effects  
reduces symptoms of stress and gives people sense of control  
the learnt techniques can b generalised to other situations.*

*Drug therapy:  
can be effective in combating the effects of stress   
research shows that pharmacological properties had an effect over psychological methods*

Discuss **one or more** physiological methods of stress management.

*Biofeedback:  
 – say how it helps  
- talk about research  
-evaluate research  
-evaluate method of stress management*

*Drug therapy:  
– say how it helps  
- talk about research  
-evaluate research  
-evaluate method of stress management*