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*