Ecological theory
concepts and terms

**Stress**—Imbalance between perceived demands and perceived capabilities to utilize resources to meet the demands

**Coping skills**—Internal and external resources used to regulate feelings of stress

- Internal—Self-esteem, executive order thinking, problem solving, communication skills
- External—Accessing family, friends, and/or community for support
Ecological theory concepts and terms

**Role**—Expectations about how a person in a given social situation is expected to act toward others and how society acts toward them.

**Relatedness**—The ability to form human relationships and sustain them.
Ecological theory
concepts and terms

Adaptiveness—How a person and their environment are able to mutually influence each other to achieve the best possible fit

Competence—The ability to be effective in the environment