

PHYSIOLOGICAL

Meaning: Physiological refers to the biological functions and processes of living organisms, particularly how they respond to various stimuli or conditions.

1. The study of physiological responses to stress can help us understand how the body copes with challenges.
2. Athletes often monitor their physiological changes during training to optimize performance and recovery.
3. Physiological processes such as breathing and digestion are essential for maintaining homeostasis in the body.
4. Research in physiological psychology explores how biological factors influence behavior and mental processes.
5. Understanding physiological differences among individuals can improve personalized medical treatments and interventions.

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