

HLTH140- Chapter 3, Stress

- Stressor
 - Physical, social event that upsets homeostasis, produces stress response
- Stress
 - Experience of a perceived threat to ones well-being, resulting from a series of physiological responses and adaptations
- Eustress
 - Positive stress triggered by a pleasant stressor or positive event, presents opportunity for personal growth and satisfaction
- Distress
 - Negative stress triggered by unpleasant stressor, results in debilitation or strain
- Symptoms of stress- many overlap
 - Physical- weight gain/loss, break out, muscle tension, sweat
 - Behavioral- change in eating, sleeplessness, irritable, smoke/drink more³
 - Cognitive- anxious, fearful, concentration decreases, lack of humor/creativity
 - Emotional- crying, depression, anger
- Stress response
 - Series of physiological changes that occur in the event of a threat
 - Provide a sudden burst of energy in order to react to a potential threat of possible danger
- Actions of nervous system
 - ANS controls stress response- INVOLUNTARY
 - Sympathetic- arousal/exercise, pain/anger/fear, initiates stress response
 - Fight or flight
 - Parasympathetic- in control when relaxed, turns off stress response
- Hormonal response- cortisol, adrenaline
 - Accelerated HR, hearing and vision more acute, liver releases sugar, endorphins released
 - Epinephrine, norepinephrine – subunit hormones
- Acute stress- short term, usually adequate recovery time
- Chronic stress- long term, low level, damaging to health, w/o resolution
- General Adaptation Syndrome- three stages
 - Alarm, resistance, exhaustion
- Conditions caused by stress
 - Cardiovascular disease- stroke, heart attack, Chronic high BP
 - Depression, suicide, panic attacks, eating disorders, PTSD, acute stress disorder
 - Depressed immune system- asthma, cancer, chronic flare-ups, colds
 - Digestive issues, headaches, fatigue, impotence, fertility issues, injuries
- Personality- sum of behavioral, cognitive and emotional tendencies
 - Type A- controlling, schedule driven, competitive, sometimes hostile
 - Type B- less hurried, less frustrated, contemplative, more tolerant, more relaxed
 - Type C- introverted, detail-oriented, difficulty communication, cautious, reserved
 - Type D- hold in negative emotions, not expressive, fear negative judgments
- Resilience- ability to bounce back from adversity
- Hardiness- committed to tasks and meaningful activities
 - Internal locus of control and view potential stressors as challenges to be overcome and opportunities for growth
- Mediators of stress response
 - Cultural background, personal experience, gender roles and thinking patterns
- Common sources of stress

- Major life changes, daily hassles, college- academic, interpersonal, time related, financial, future, job-related stressors, financial worries, social- virtual social networks, real social networks, environmental, internal stressors, dimensions of diversity
- Techniques for managing stress
 - Social support, communication, exercise, nutrition, sleep
 - Time management- set priorities, schedule tasks, set goals, budget time, break up long term goals, visualize achievement, delegate, give yourself breaks, avoid 'time sinks', do least favorite tasks first
- Cognitive techniques
 - Think and act constructively, take control, problem-solve, modify your expectations, stay positive, cultivate your sense of humor, focus on what's important
- Relaxation techniques
 - Progressive relaxation, visualization, meditation, deep breathing, yoga, tai chi, music
- Counterproductive coping strategies
 - Tobacco, alcohol, drugs, unhealthy eating habits, too much leisure activity

MENTAL HEALTH *Chapter Three*

- Positive psychology- focuses on positive emotions and character strengths that create happiness
 - Six virtues- wisdom, courage, humanity, justice, temperance, transcendence
- Characteristics of mentally healthy people
 - High self-esteem, realistic/accepting, altruistic, control, social competence, control irrational thought patterns, optimistic, capacity for intimacy- do not fear commitment, creative, reasonable risks, bounce back from adversity/resilience
- Self-actualization model
 - Abraham Maslow- Toward a Psychology of Being
 - Developed hierarchy of needs- top to bottom
 - Self-actualization, maintaining self-esteem, being loved, safety, physiological needs
 - Once bottom is achieved, move up to next level
 - When urgent, life-sustaining needs satisfied, then less basic needs take a priority
 - Studied subjects who were successful and living life to its fullest
 - Mental wellness reached by satisfying hierarchy
- Self-actualized people share qualities
 - Realism, acceptance, autonomy, authenticity, capacity for intimacy, creativity
- Emotional intelligence
 - Recognize, name and understand their emotions
 - Manage emotions and control moods
 - Motivate themselves
 - Recognize and respond to the emotions of others
 - Tend to be socially competent
- Mental disorders- pattern of behavior associated with distress, disability or with significantly increased risk of suffering, death, pain, disability or loss of freedom
 - Result of many factors- biological factors, traumatic events, familial/social/cultural influences
 - Types- mood, anxiety, addiction, schizophrenia
 - Mood disorders- depression, seasonal affective, bipolar
- Depression- depressed mood, sadness, emptiness, loss of interest, significant weight loss/gain, insomnia, agitated/slow body movement, fatigue/loss of nrg, excessive guilt, recurrent thoughts of death/suicide
 - Diagnosis- 1+ depressive episodes lasting at least 2 wks

- Treatment- medications, psychotherapy, ECT (Electro-convulsive therapy), lifestyle changes, alternative methods
- Seasonal Affective Disorder
 - Typically strikes during winter months, characterized by irritability/apathy/carb cravings/weight gain/increased sleep/general sadness
 - Treatment- light therapy, psychotherapy, antidepressants, exercise, diet change, stress mgmt. techniques
- Bipolar Disorder- individuals who swing between manic and depressive episodes
 - Avg age of onset is bwn 15-25
 - Tends to run in families
 - Equally distributed among men and women
 - Treatment- medication (mood stabilizers, antipsychotics, antidepressants), psychotherapy, ECT, family support
- Anxiety disorders
 - Fear which is out of proportion to real danger
 - Experienced on a recurring basis or in response to typical, unavoidable life situations
 - Almost 40mil Americans 18+ yr. have an anxiety disorder
 - Panic Disorder/Attacks
 - Clear physiological and psychological experiences of apprehension or intense fear in the absence of real danger
 - Heart palpitations, sweating, shortness of breath, chest pain, going crazy, impending doom, strong need to escape
 - Recurrent, un-expectant panic attacks along with concern about having another attacks
 - Triggered by situation or come out of nowhere, tend to be genetic
 - Phobia (Simple/Specific)
 - Fear of something definite- dog, spiders, lightening, etc.
 - Social Phobia
 - Fear of humiliations or embarrassment while being observed by others
 - Tremors, sweating, blushing, confusion, social/public avoidance
 - More common among women, men more likely to seek help

GUEST LECTURE 9/6 The Mind- Body Connection

- 86% overwhelmed, 10% anxiety disorder, 42.7% > avg. stress
- Systematic rationalization
 - Important vs. unimportant
 - Controllable vs. uncontrollable
- Sleep debt cumulative, sleep deprivation same as driving with .10 BAC
- UMD students w/ enough sleep- 0 days 7.2%, 1-4 days 65.6%, 5-6 days 22.7%
- Recognize importance of good sleep, maintain healthy lifestyle and good sleep habit, create optimal sleep environment

Lecture 9/11 Chapter 11, Drugs

- Drug- substance other than food that affect the structure and or function of the body through its chemical action
- Psychoactive Drug- a substance that causes changes in brain chemistry alters consciousness, perception, mood and thought
 - Causes state of intoxication
- Drug of Abuse- medical drug used for non-medical (recreational) purposes or a drug that has no medical use
- Types of drugs
 - Legal- include those prescribed by a physician, OTC and herbal remedies