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STRESS AND STRESSORS:

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← STRESS: the physical, emotional, cognitive, and behavioral responses to threatening or challenging events.

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WHAT ARE SOME OF THE WAYS THAT STRESS CAN MANIFEST (SHOW) ITSELF?

- o *physical*: sweat, headache
- o *emotional/behavioral*: depression, inability to concentrate, withdrawal, eating too little

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← STRESSORS: events that cause a stress reaction.

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WHAT IS THE DIFFERENCE BETWEEN DISTRESS AND EUSTRESS?

- o Distress- the effect of undesirable stressors
- o Eustress- the effect of positive events

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EXTERNAL EVENTS:

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← CATASTROPHES: An unpredictable event that creates a tremendous need to adapt and adjust as well as overwhelming feelings of threat.

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← LIFE CHANGES:

- Positive
 - o marriage
 - o going to college
 - o new job
- Negative
 - o loss of a loved one
 - o divorce
 - o foreclosure

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← WHAT ARE SOME OF THE CONSEQUENCES OF SIGNIFICANT LEVELS OF "LIFE STRESS"?

- -Physical/mental illness
- Accidents: distractions/inability to concentrate

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← HASSLES: daily annoyances of everyday life.

-Have the least impact—highest frequency

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← WHAT ARE SOME OF THE GREATEST HASSLES REPORTED BY INDIVIDUALS AT DIFFERENT DEVELOPMENTAL STAGES?

- Preschool—teasing
- 6-10 yrs.—bad grades

- Early adolescence (11-15 yrs.)—pressure to use drugs
- 15-20s—trouble at school & work
- Adults—fighting among family members
- Elderly—lack of money

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← PSYCHOLOGICAL STRESSORS:

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← **PRESSURE:** URGENT demands or EXPECTATIONS from an outside source.

- (school, parents, causing you to have to work harder, faster, do more to meet these expectations)
- Perception, something you feel

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← **UNCONTRLLABILITY:** how much control one has over a situation, less control you have over a situation relates to greater sense of stress

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FRUSTRATION: response when a desired GOAL or a perceived need is BLOCKED.

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← **WHAT ARE SOME TYPICAL RESPONSES TO FRUSTRATION?**