

STRESS

Stress: the experience of a perceived threat (real or imagined) to one's well-being, resulting from a series of physiological responses and adaptations

Stressor: a physical, social or psychological event or condition that upsets homeostasis and produces a stress response (ex. exam, wedding, etc.) THE SITUATION/EVENT

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 or possible danger

- autonomic nervous system controls stress response
- sympathetic division: motivates body to action (turns on)
 - arousal, exercise
 - emergencies (pain, anger, fear)
 - initiates the stress response
- parasympathetic division (turns off)
 - in control when relaxed
 - turns off stress response

eustress: positive stress triggered by pleasant stressor/positive event... opportunity for personal growth and satisfaction (ex. getting internship you wanted, marriage)

distress: negative stress triggered by an unpleasant stressor or negative event; results in debilitation and/or strain (ex. financial problems, break-up, death)

acute stress: short term stress produced by the response...body is able to deal with this type of stress, as long as there is adequate recovery time

chronic stress: long term, low-level stress in which the stress response occurs without resolution...stress occurs repeatedly

General Adaptation Syndrome (G.A.S.)

3 stages:

- Alarm (fight-or-flight)
- Resistance (adaptation)
- Exhaustion

Mediators of Stress Response:

- personality type:
 - A: controlling, schedule driven, competitive
 - B: less hurried, less frustrated, contemplative, more tolerant/relaxed
 - C: introverted, detail-oriented, difficulty communicating
 - D: hold in negative emotions, not expressive, fear negative

judgment

- cultural background
- thinking patterns
- gender roles (men: tough/macho) (women: take care of family & work)

Resilience: ability to bounce back from adversity

Hardiness: view potential stressors as challenges to overcome & opportunities for growth instead of as burdens...committed to tasks and meaningful activities... have an internal locus of control

Stress and Health Conditions:

Cardiovascular Disease

- Chronic high blood pressure, Atherosclerosis
- Heart Attack
- Stroke

Psychological Problems

- Depression and Suicide
- Panic attacks/anxiety
- Heart Attack
- Strokes

Immune System

- colds & other infections
- asthma
- cancer
- chronic disease flare-ups (shingles, herpes, HIV)

Other problems

- digestive problems
- headaches, migraines
- insomnia, fatigue
- injuries
- impotence, pregnancy complications

Counterproductive Coping Strategies for Stress

- tobacco
- alcohol
- drugs
- unhealthy eating habits
- too much leisure activity

MENTAL HEALTH

Maslow's Hierarchy of Needs:

- physiological needs (bottom) such as food, water, shelter, sleep)
- safety
- being loved
- maintaining self esteem
- Self-Actualization (top)
 - when urgent, life sustaining needs are satisfied, then less basic needs take priority
 - studied subjects who were successful and living life to its fullest
 - self-actualization is the highest level of growth, mental wellness is reached by satisfying the hierarchy

Emotional Intelligence: Emotionally intelligent individuals:

- recognize, name and understand emotions
- manage emotions and control their moods
- motivate themselves
- recognize and respond to the emotions of others
- tend to be socially competent

Factors that contribute to mental disorders:

- biological factors
- traumatic events
- familial, social and cultural influences
- mood disorders
- anxiety disorders
- addiction
- schizophrenia

Panic Attacks: clear physiological and psychological experience of apprehension or intense fear in the absence of real danger

Symptoms: heart palpitations, sweating, shortness of breath, chest pain, sense of going crazy, strong need to escape

Phobia: fear of something definite (ex. dogs, spiders, lightning, high places, closed spaces, flying, blood)...have difficulty controlling irrational fear

Social Phobia: fear of humiliation or embarrassment while being observed by others...involves tremors, sweating, blushing, confusion, social and public avoidance...more common among women, men are more likely to seek help

Generalized Anxiety Disorder

- fear which is out of proportion of real danger
- experienced on a recurring basis or in response to typical, unavoidable life situations
- almost 40 million Americans 18+ have an anxiety disorder