

Study Guide for Exam 1 HLTH 140, Spring 2012

Use lecture notes, readings from the text, and guest presentations to develop answers for the study guide. I highly recommend developing note cards!

Stress

-Define stress, stressor, and stress response.

- Stress: The general state of the body, mind, and emotions when an environmental stressor has triggered the stress response
- Stressor: Event or agent in the environment that causes stress
- Stress response (Fight-or-Flight Response): Series of physiological changes that activate body systems, providing a burst of energy to deal with a perceived threat or danger

-Explain the role of the nervous system and changes in the body during the stress response.

- Stress response carried out by autonomic nervous system which controls involuntary, unconscious functions
- 2 branches: Sympathetic, which initiates stress response, and parasympathetic, which turns off stress response and returns body to normal
- Hormones released into bloodstream, and glucose and fats are released to provide energy
- Increase in heart rate, breathing rate, muscle tension, metabolism, and blood pressure
- Hearing and vision become more accurate
- Perspiration increases (cools skin)

-Define eustress, distress, acute stress, and chronic stress.

Eustress: Positive stress triggered by pleasant stressor or positive event; presents opportunity for personal growth and satisfaction

Distress: negative stress triggered by unpleasant stressor or negative event; results in debilitation and/or strain

Acute Stress: short term stress produced by stress response; Body is able to deal with stress as long as there is adequate recovery time

Chronic Stress: long-term, low-level stress in which stress response reoccurs without resolution

-Damaging to health

-Examples: school semester, unhappy marriage, living in dangerous area, depression, high-demand career

-Describe the stages of the General Adaptation Syndrome.

1. Alarm (fight or flight)

2. Resistance (adaptation) - long term protection, gives off hormones, increases blood pressure

3. Exhaustion - illness, heart health, etc.

-Discuss mediators of the stress response, including personality types, traits (resilience and hardiness), cultural background, past experience, thinking patterns and gender roles.

- 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 communicating, cautious and reserved
- Type D: hold in negative emotions, not expressive, fear negative judgements
- Resilience: the ability to bounce back from adversity
 - Nonreactive: person does not respond to stressor
 - Homeostatic: person may respond strongly to a stressor, but returns quickly to normal functioning
 - Positive growth experience: person learns and grows from stress experience
- Hardiness
 - View potential stressors as challenges to be overcome, opportunities for growth, not as burdens
 - Committed to tasks and meaningful activities
 - Have internal locus of control
- Cultural Background
 - adapt to how our culture handles stress
- Past Experience
 - use as basis of how to handle experiences
- Thinking Patterns
- Gender Roles
 - men and women have different stresses depending on their roles (example: men are "head of household")

-Discuss the links between stress and specific health conditions.

- Cardiovascular Disease
 - Chronic high blood pressure
 - Atherosclerosis
 - Heart Attack
 - Strokes
- Psychological Problems
 - Depression and suicide
 - Panic attacks/anxiety
 - Eating disorders
 - Acute Stress Disorder- a precursor to post-traumatic stress disorder
 - PTSD
- Immune System
 - Colds and other infections
 - Asthma
 - Cancer
 - Chronic disease flare-ups
- Other Problems
 - Digestive Problems

- Headaches/migraines
- Insomnia/ fatigue
- Injuries
- Menstrual irregularities, impotence, pregnancy problems

-From our stress management presentation, review techniques for improving sleep to reduce stress.

- Don't drink caffeine 8 hours before bed
- Avoid alcohol
- Exercise regularly
- Avoid napping
- Avoid non-sleeping activities in bed
- Eat right; avoid heavy meals before bed

Mental Health

-Discuss the approaches of positive psychology, Maslow's hierarchy of needs, and emotional intelligence with regard to mental health.

- Positive psychology: area of psychology that focuses on positive emotions, character strengths, and other conditions that create happiness
 - 6 virtues: wisdom (getting and using knowledge), courage, humanity (caring for others), justice (civic duty, fairness), temperance (recognize and sustain from excess), transcendence (appreciate beauty in world)
- Self-Actualization: highest level of growth in Maslow's hierarchy of needs
 - Mental wellness reached by satisfying hierarchy
 - Hierarchy includes physiological needs, safety, being loved, maintaining self-esteem, self-actualization (end result)
 - Physiological needs take priority (oxygen, food, water, etc.) Less basic needs come next
- Emotional intelligence: individuals..
 - Recognize name and understand their emotions
 - Manage their emotions and control their moods
 - Motivate themselves
 - Recognize and respond to emotions of others
 - Tend to be socially competent

-Describe the factors that contribute the development of mental disorders.

- Biological: genes
- Traumatic event exposure
- Familial, social, and cultural influences

-Define and describe common anxiety disorders, including panic attacks, panic disorder, simple phobia, social phobia, generalized anxiety disorder, and obsessive-compulsive disorder.

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