

Stress

- Stress- experience of a threat to well-being resulting from physiological responses
- Stressor- physical, social, or psychological event that causes a stress response
- Stress response- reaction of physiological changes that result from a stressor

- Role of the nervous system and changes in the body during (and after) the stress response:
 - **Autonomic Nervous System** (involuntary): Sympathetic and Parasympathetic
 - Sympathetic (during): Arousal, exercise, emergencies (pain, anger, fear)
 - Parasympathetic (after): in control when relaxed, turns off stress response
 - Changes in body
 - Accelerates HR and breathing
 - More acute vision/hearing
 - Liver releases more sugar for energy
 - Perspiration
 - Brain releases endorphins (block pain)
 - Scalp tightens
 - Hand/feet get cold

- Eustress- positive stress → presents opportunity for personal growth
- Distress- negative stress → results in debilitation and/or strain

- Acute stress- short term (body can handle this with enough recovery time)
- Chronic stress- long term, low-level stress (no resolution)

- Stages of the **General Adaptation Syndrome**
 1. Alarm (fight-or-flight)- channels away resources to more immediate needs → immune system is compromised
 2. Resistance (adaptation)- body works to cope with stress because the source of stress is not removed
 3. Exhaustion- body cannot keep up with the stressor

- Mediators of the stress response
 - Personality types
 - Type A- controlling, competitive, schedule driven, hostile → can lead to anger and heart disease
 - Type B- less hurried, less frustrated, more tolerant → good coping skills
 - Type C- introverted, detail-oriented, difficulty communicating, cautious, reserved
 - Type D- hold in negative emotions, not expressive, fear negative judgments

- o Traits
 - **Resilience**- ability to bounce back from adversity (difficulties)
 - **Hardiness**- view potential stressors as challenges to overcome (not as burdens), committed to tasks, internal locus of control (feel they have control over what happens to them)
 - o Cultural background- how culture deals with stress
 - o Past experience- how you dealt with past stress
 - o Thinking patterns- everyone has diff thinking patterns
 - o Gender roles- men/women have diff stresses pertaining to roles
- Discuss the links between stress and specific health conditions.
 - o Cardiovascular disease- chronic high blood pressure, heart attack, strokes
 - o Psychological problems- depression, suicide, panic attacks/anxiety, eating disorders, acute stress disorder, post-traumatic stress disorder
 - o Immune System- colds/infections, asthma, cancer, chronic disease flare-ups
 - o Other- digestive problems, headaches, insomnia, injuries, menstrual irregularities
 - Describe counterproductive coping strategies for stress
 - o Tobacco- Nicotine is addictive and leads to health issues
 - o Alcohol- Heavy drinking carries risks (addiction)
 - o Drugs- stimulants can induce stress and disrupt sleep, tolerance can build, weed → panic attacks, caffeine → increases blood pressure
 - o Unhealthy eating → disordered eating patterns, obesity
 - o Too much leisure activity- need to be balanced with stress management techniques

Mental Health

- **Positive Psychology**- area of psychology that focuses on positive emotions, character strengths, and other conditions that create happiness
 - o Virtues to enable human thriving
 - Wisdom
 - Courage
 - Humanity
 - Justice
 - Temperance
 - Transcendence
- **Maslow's Hierarchy of Needs**



- **Emotional Intelligence**- People who are EI can:
 - Recognize, name, and understand their emotions
 - Manage emotions and control moods
 - Motivate Themselves
 - Recognize and respond to others' emotions
 - Socially competent

- Describe the factors that contribute the development of mental disorders
 - Biological factors- genes
 - Traumatic event exposure
 - Family, social, cultural influences

- **Anxiety disorders**- fear out of proportion, recurring basis to unavoidable life situations
 - Panic attacks-physiological and psychological experience of apprehension or intense fear in absence of real danger → heart palpitations, sweating, chest pain, short breath
 - Social phobia- fear of humiliation or embarrassment → tremors, sweating, blushing, confusion, public avoidance
 - Generalized anxiety disorder- excessive and uncontrollable worrying (about routine matters, competence in school/sports)
 - Obsessive-compulsive disorder- persistent, intrusive thoughts, impulses that lead to compulsions to reduce anxiety

- **Mood disorders**
 - Depression-
 - Decreased mood
 - Loss of interest
 - Weight loss/gain
 - Insomnia or fatigue
 - Slow body movement
 - Feel worthless
 - Bipolar disorder- individuals swing between manic and depressive episodes
 - Seasonal affective disorder- strikes in the winter; irritability, carb cravings, weight gain, more sleep, sadness

- **Suicide** (see text, pp. 49-50)
 - Risk Factors
 - Suicidal thoughts
 - Psychiatric disorders
 - Drug/alcohol abuse
 - Access to firearms
 - Recent loss
 - Stressful situations