

Chapter 2 Stress: The Constant Challenge

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Learning Objectives

1. Define the following terms: stress, eustress, stressor, homeostasis, stress response, epinephrine, general adaptation syndrome, stress factors (primary, predisposing, precipitating, reinforcing)*, hassle*, uplift*.
2. Explain what stress is and how people react to it-- physically, emotionally, and behaviorally.
3. Describe the relationship between stress and disease.
4. List common sources of stress.
5. Describe techniques for preventing and managing stress.
6. Develop a step-by-step plan to manage stress.
7. Describe hassles and uplifts, and how they are related to stress.*

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Stress Response "Fight or Flight Reaction"

When stressed, the body respond physiologically by activating the autonomic nervous system to release the stress hormones:

epinephrine (adrenaline) & cortisol

Body gears up for "fight" or "flight." Heart rate and respirations increase, pupils dilate, increase blood flow to muscles. Feel jittery. (see Figure 2-1).

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Emotional & Behavioral Responses to Stress

There are ineffective and effective responses to stress, depending on what is stressing us.

Personality, past experiences, culture, and gender (sex), are only a few variables that can affect the way we respond to stress.

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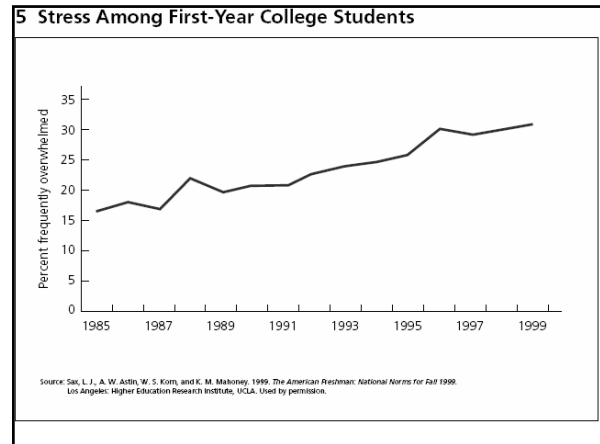
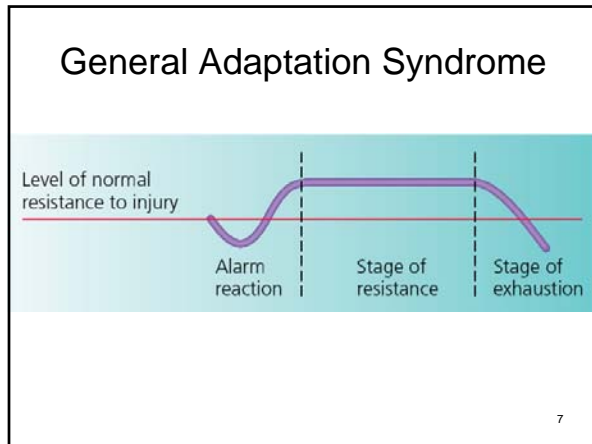
The General Adaptation Syndrome

We experience good stress (eustress) and distress (bad stress). In either case, Selye identified 3 stages our bodies go through when stressed:

1. **Alarm-** fight or flight
2. **Resistance-** continued stress, body functions at a new higher level trying to maintain homeostasis.
3. **Exhaustion-** body can no longer compensate for sustained stress, begin to unravel (physiologically, psychologically, etc.). Lead to disease.

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3 The Fight-or-Flight Reaction



Emotional & Behavioral Responses to Stress *continued*

Personality- "Type A" or "Type B", stoic

Past experiences- how we've handled similar types of stressors in the past

Culture- showing anger, hysteria, making everything into a crisis

Gender- men and women react differently to stress, in part because of our culture

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Stress and Disease

Disease occurs when our bodies can no longer maintain homeostasis as a result of a stressor.

Body normally regulated by homeostatic mechanisms but when something stresses it to the edge, it can no longer compensate, thus, lead to disease.

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Sources of Stress

A. Major Life Changes

Examples: Marriage, Divorce, Family Death

B. Daily Hassles and Uplifts

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Hassles

+1= bothered me just a little, for a minute or two, but I let it go

+2= bothered me an hour to several hours, and I still think of it now and again

+3= I FREAKED!!!

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Uplifts

- +1= it made me feel good for a minute or two
- +2= it made me feel good for an hour to several hours, and I still think of it now and again
- +3= I'm still flying high as a kite for the past week, NOTHING in the world can bother me

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Stress Management Techniques

A. Mental/Spiritual

1. self-talk, cognitive repetition, rationalize, justify
2. prayer

B. Interpersonal

1. vent frustrations, talk with others to get support

C. Physical

1. deep breaths
2. exercise

Must Take Time Out of Day, Can't Do Anywhere

1. Yoga
2. meditation/prayer
3. biofeedback
4. imagery
5. progressive relaxation

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Strategies for Coping With Stress

- Develop a network of social support
- Improve your communication skills
- Incorporate regular exercise into your daily life
- Eat a nutritious diet with little or no caffeine
- Get adequate sleep
- Manage your time productively and avoid procrastination
- Learn to change unhealthy thought patterns
- Practice relaxation techniques

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Group Assignment 3 WW 12 Daily Hassles and Uplifts

1. Break up into groups of four.
2. List and discuss hassles and uplifts experienced this week.
3. Come back to entire class to discuss hassles and uplifts.
4. Hand in worksheet at end of class.

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