

**What causes stress in your own life?**

INVESTIGATE

**3.1**



# **Understanding & Management of Stress**





**As a Young Psychologist, I will be able to...**

- **Define what stress is and the different types of stress analysis**
- **Identify key ways to help manage stress**

# STRESS!!!!

**The same stressful event can lead to different physical & psychological effects on different people**

**Some people can thrive on it, others can become debilitated by it**



**One major form of stress comes from relationships with other people, it disrupts our existing norms**

**Long-Term Stressors-** Stress that takes over a long period of time such as living conditions or work

**Short-Term Stressors-** Stress that immediate or cataclysmic events such as a death or natural disasters



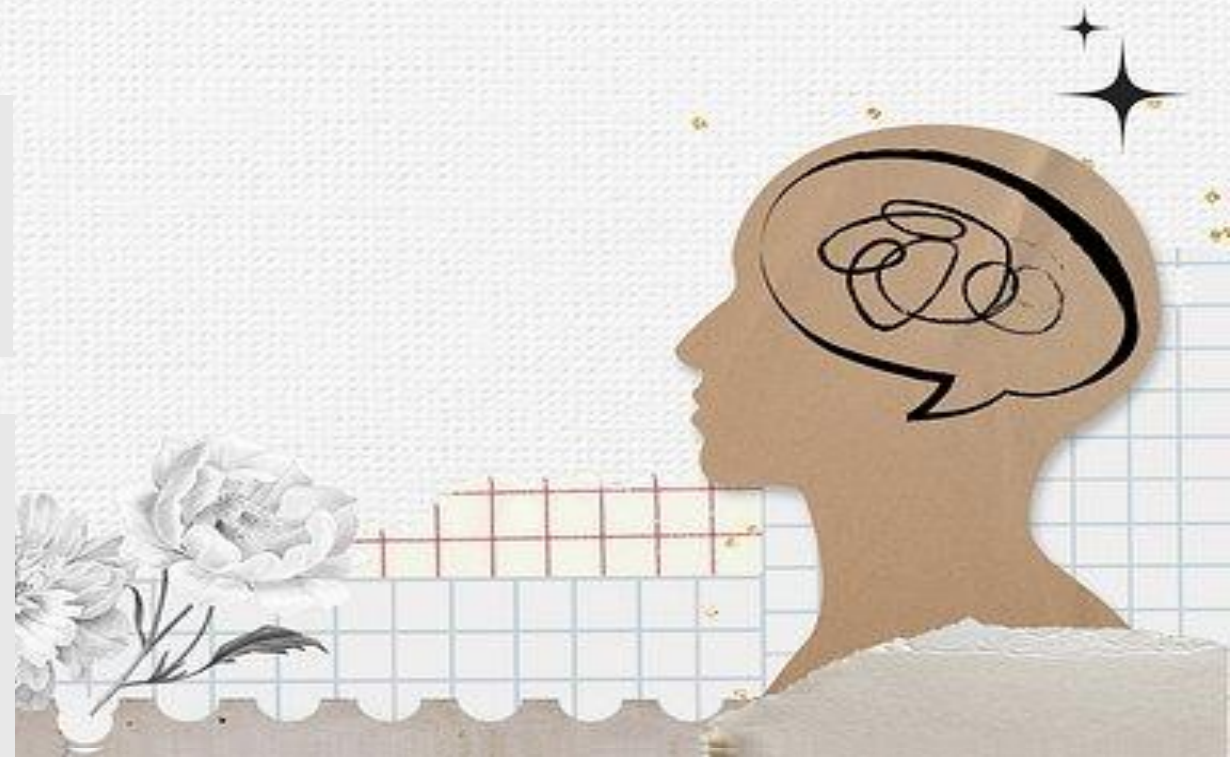
# Effects of Stress

**Stress can lead to physical health including ulcers, diabetes, arthritis, headaches, body pain, & heart issues**

**Sometimes it can become fatal! Stress-induced heart attacks!**

**Broken Heart Syndrome-** A surge of stress hormones leading to chest pain & trouble breathing.

**People over the age of 60 are 2X more likely to have a heart attack or stroke in the month following the loss of spouse or loved one**



# The Problem with Stress

**We actually need stress; it is a natural response to life-threatening situations**

**When we have a threat, our nervous system & endocrine systems activate releasing adrenaline & norepinephrine**



**Fight-or-Flight Response-** The body enters a stage to either fight back or run away

**Hans Selye (1936)** studied the body's response to stress & discovered 3 stages...



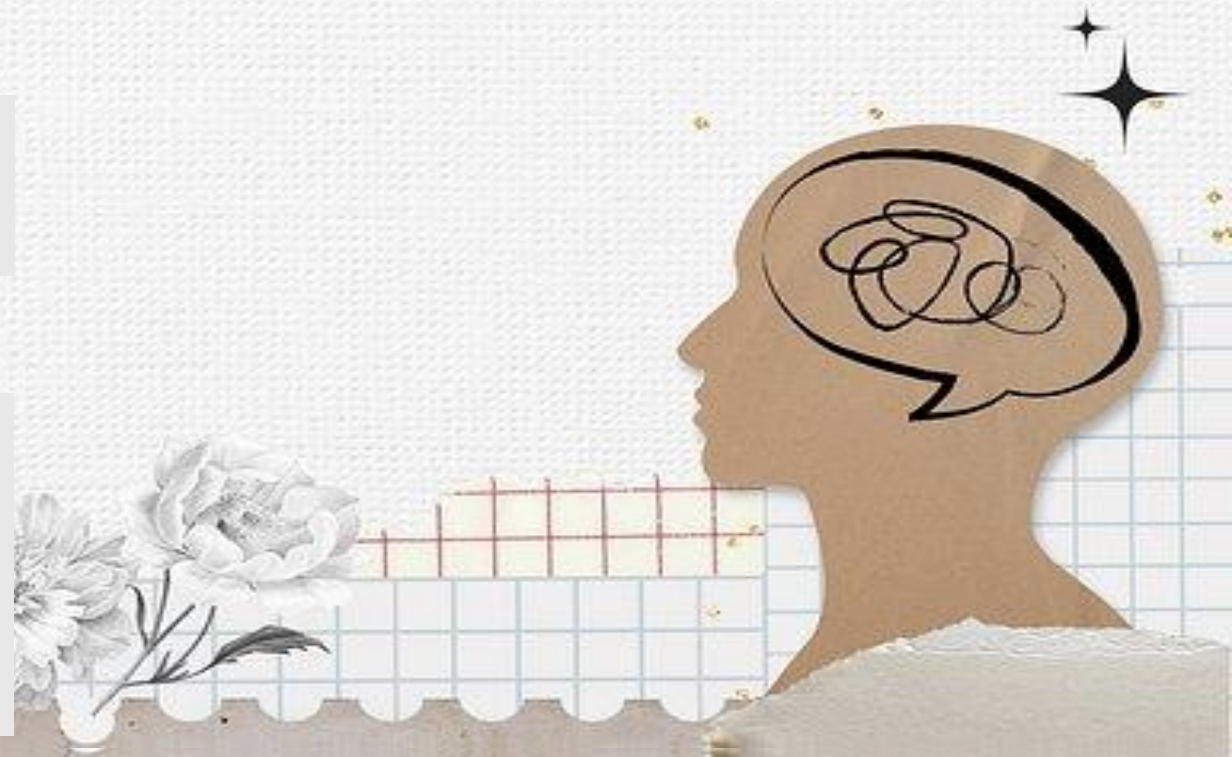
# Stage One

**The Alarm Stage! The body mobilizes all of its resources to fight off a threat**

**Heart rate increases, blood pressure rises, & breathing rate multiplies**

**If the stressor lasts longer than a short time, the body releases cortisol**

**Cortisol-** A hormone that releases extra glucose into the bloodstream that slows down some body process but gives immediate energy



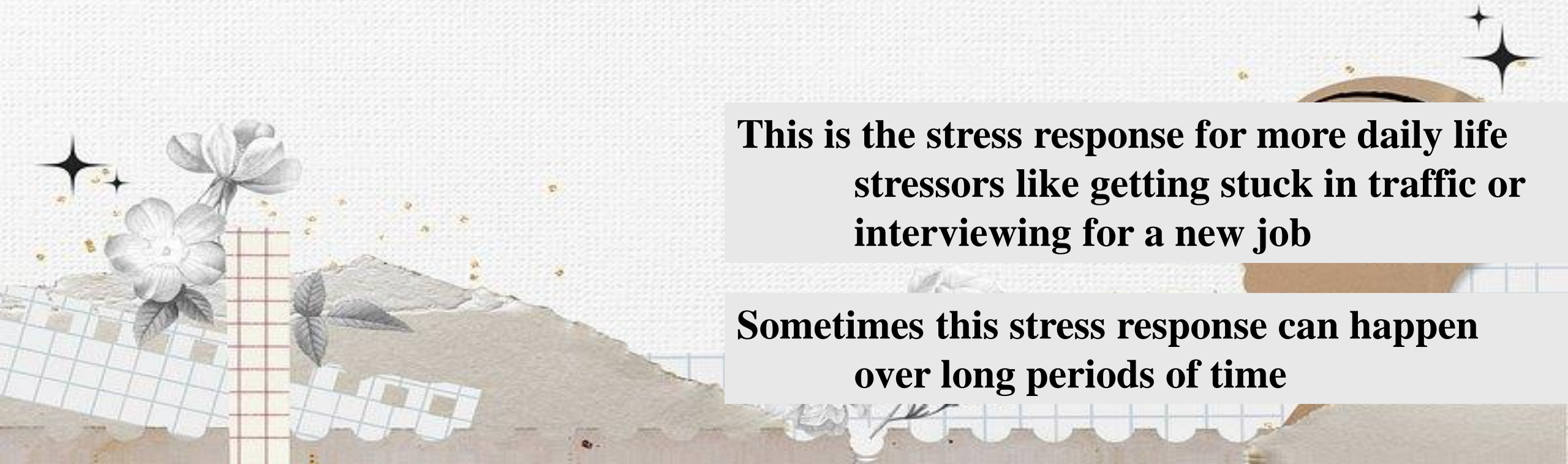
# Stage Two

**The resistance stage! During this stage, the body releases less of the alarm-stage hormones**

**Heart rate, blood pressure, & breathing are still elevated, but other functions resume**

**This is the stress response for more daily life stressors like getting stuck in traffic or interviewing for a new job**

**Sometimes this stress response can happen over long periods of time**





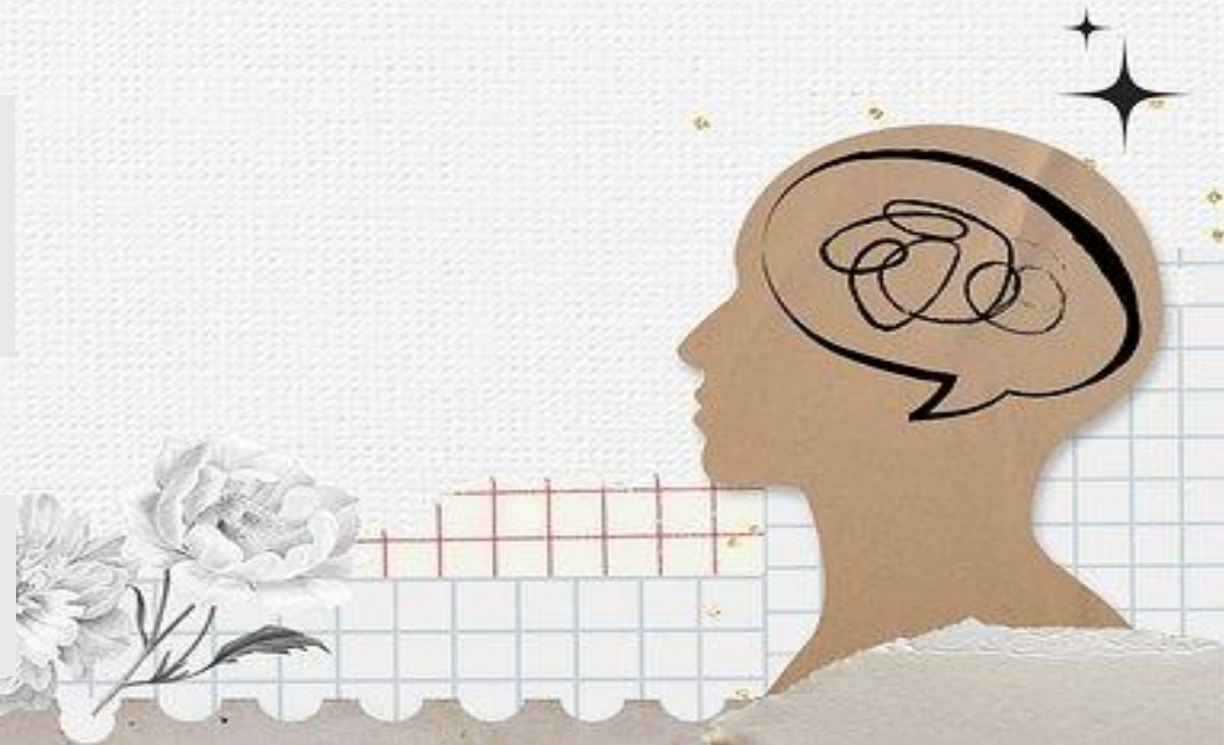
# Stage 3

**The Exhaustion stage! This is when the threat persists for a long time & the stress response begins to damage the body**

**Prolonged stress can lead to nutritional imbalances & increases the risk of developing an infection**

**Stress can also stop people from engaging in healthy behaviors & engaging in behaviors that hurt health.**

**Such as: getting less sleep, eating more, drinking alcohol, doing more drugs**



# Discoveries

**Freeze-** A flight or flight response where the individual becomes immobile or unresponsive

Connection with others, **tend-and-befriend**, is a way of stress management.

During times of stress, it shows that women prefer to connect to other women, whereas men prefer to be alone.





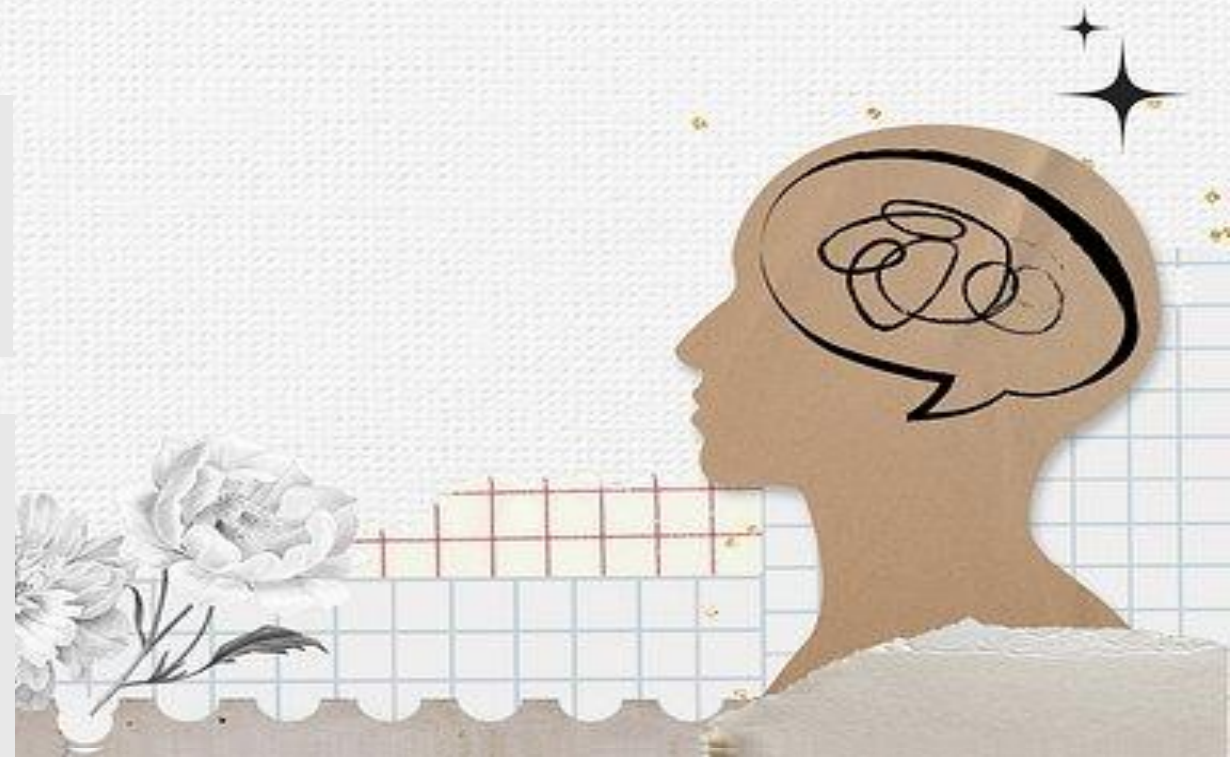
# Psychological Effects of Stress

Stress can lead to effects including fear, anxiety, sadness, & intense loneliness. Especially after trauma

Effects can include intrusive thoughts, difficulty sleeping, feelings of numbness, & dissociation

**Acute Stress Disorder-** When these reactions occur immediately after the event or within the 1<sup>st</sup> month.

**Post Traumatic Disorder (PTSD)-** Disruptive symptoms that last longer than a month & become chronic & hurt daily functions



# The Transactional Model

**The risk of PTSD varies, even with the same traumatic effect. Different people can experience & react to the same event in different ways**

**This idea was developed by **Richard Lazarus** in the 1960s, now regarded as a more important predictor of the experience of stress than the event**

**Amount of stress is based on two factors...**

- 1. The assessment of the stressor (**Primary appraisal**)**
- 2. The assessment of the resources they have to cope (**secondary appraisal**)**



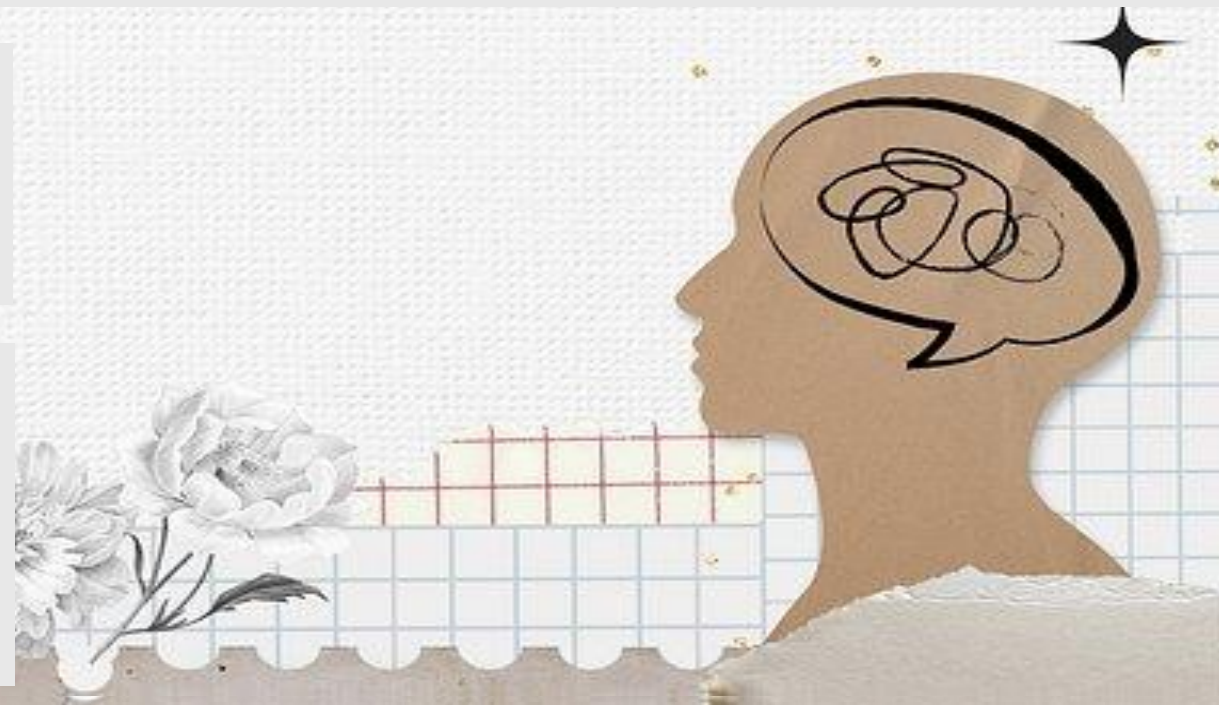
# **\*Coping with Stress**

**Stress can be (& often is) a repeated, normal, non-threatening part of daily life that can give the body energy**

**Different strategies are effective for managing stressors & can be used to manage oneself in the future**

**Relax-** Deep breathing, progressive muscle relaxation, meditation, & exercise can help balance wear & tear on the body

**Mindset-** Changing the stress mindset can help the response to the stress to move it to a small stressor instead of a life-or-death scenario



# \*Coping with Stress

**Find a Friend-** People with social support are better able to cope with daily life stress

**Silver Linings-** Look at stress at different ways such as energizing & inspiring. This does take work!

**Optimism-** Find people who can help you reframe stressors. This can be contagious & inspire you as well!

