

Stress Notes

What is Stress?

- The physical and psychological reaction of your body to the challenges you face is known as stress. A stressor is anything (factor) that causes stress.

Types of Stress

- Acute vs. Chronic
- Sudden/short lives vs. Ongoing/persistent

Same Stress...different perception

- Your belief about the stress can also influence the stress you experience.

Stress & Physical Health

- The Bodies response to stress... 3 stages our bodies go through....
 - 1. Alarm:
 - 2. Resistance
 - 3. Exhaustion

Stress & Physical Health

- The Bodies response to stress...

– 1. Alarm: “Fight or Flight”

Fight= stay and deal/attack

OR

Flight =Run

- **Changes:** Increase Heart Rate, blood flow, & sweat production. Pupils Widen, digestion slows/stops.

Stress & Physical Health

- The Bodies response to stress...

- 2. Resistance

- Your body continues to devote energy~

- Changes: Heart rate, breathing and blood pressure are still rapid.

- WHY? Helps deliver oxygen & energy quickly throughout your body.

Stress & Physical Health

- The Bodies response to stress...

- 3. Exhaustion Stage

If they threat persists, the body may be overworked.

- Changes: All the bodies resources will be used up and fatigue & illness can set in.

How does Stress Effect the Body? (Physically)

- **Weaker Immune System**: During stress the body focuses on escaping from or fighting off specific threats. Result= people experiencing chronic stress have fewer immune cells to fight off infections, therefore they get sick more often.

How does Stress Effect the Body? (Mentally)

- Thinking and Memory: Hormones released during stress disrupt the functioning of the hippocampus.
 - The part of the brain responsible for memory.
 - These hormones impairs the person's ability to create new memories or recall old memories.

Depression

- **Definition:** a mood or emotional state characterized by feelings of low self-worth and a complete lack of interests in daily life activities.
- **Research & the Brain?** Chronic stress=lower levels of brain chemicals that make you feel good.

Post Traumatic Stress Disorder

- PTSD May occur after a person experiences an extremely frightening and upsetting event.

BEHAVIORAL PROBLEMS

- Difficulty falling or staying asleep
- A tendency to cry easily
- Loss of appetite
- Loss of interest in normal activities

How do some cope?

- **Interpersonal Conflict:** How we treat others when we are stressed out.
- **Unhealthy Lifestyle Choices:** Drugs/Alcohol, Diet (high in fat or deficient in veggies), exercising frequently. How is this unhealthy?

Dear Abby,

- Hi. The lawn hasn't been mowed in weeks, and my room looks like WWII. I fell down the stairs because my brother left his skateboard on the stairs. My mom is complaining that I don't spend enough time with the family, and I have a seven-page paper due on Wednesday. I feel like I am going to explode.

Sincerely,

Karl

Dear Abby,

- After reading the “Dear Abby” letter, write a short paragraph (5-7 sentences) identifying the kinds of cognitive, emotional, and behavioral problems Karl is likely to experience as a result of his stress. How might his performance in school suffer?