

A healthy mind boosts a healthy body.

Stress

•Stress arises "when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being" (Lazarus, 1966)

STRESSORS

Stressors

- Sources of stress
- Demands on people and threats to their well-being
- e.g., diseases, academic failure, lawsuits, noisy environment, loss of loved ones

Stressors

- Major life events
 - Typically have immediate consequences that generally fade with time (e.g., loss of family member, loss of job)

E 13.1 SOCIAL READJUSTMENT RAT	ING SCALE	Foreclosure of mortgage or loan
ife Event	Mean Value	Change in responsibilities at work
Peath of a spouse	100	Son or daughter leaving home
Divorce	73	Trouble with in-laws
Marital separation	65	Outstanding personal achievement
ail term	63	Wife begins or stops work
Peath of a close family member	63	Begin or end school
ersonal injury or illness	53	Change in living conditions
Marriage	50	Revision of personal habits
ired at work	47	Trouble with boss
Marital reconciliation	45	Change in work hours or conditions Change in residence
letirement	45	Change in school
Change in health of family member	44	Change in recreation
regnancy	40	Change in church activities
ex difficulties	39	Change in social activities
Gain of a new family member	39	Mortgage or loan for lesser purchase
susiness readjustment	39	(car, TV, etc.)
Change in financial state	38	Change in sleeping habits
Death of a close friend	37	Change in number of family
Change to a different line of work	36	get-togethers
Change in number of arguments	35	Change in eating habits
with spouse		Vacation
Mortgage or loan for major purchase	31	Christmas

Respondents report whether each event has taken place in the last 12 months. The number of events reported over the past year predicts a variety of physical and psychological disorders such as depression (e.g., Coyne, 1992).

Minor violations of the law

(home, etc.)

Stressors

- Hassles
 - Everyday, minor annoyance or nuisance that strains our ability to cope (e.g., nasty boss, relationship problems)
 - Cause minor irritations, but may have long-term ill effects

- Somewhat severe
- Moderately severe
- Extremely severe

(1)	Misplacing or losing things	1	2	3
(2)	Troublesome neighbors	1	2	3
(3)	Social obligations	1	2	3
(4)	Inconsiderate smokers	1	2	3
(5)	Troubling thoughts about your future	1	2	3
(6)	Thoughts about death	1	2	3
(7)	Health of a family member	1	2	3
(8)	Not enough money for clothing	1	2	3
(9)	Not enough money for housing	1	2	3
(10)	Concerns about owing money	1	2	3
(11)	Concerns about getting credit	1	2	3
(12)	Concerns about money for emergencies	1	2	3

Sample items of the Hassles Scale (Kanner et al., 1981). Frequency and severity of hassles are better predictors of health, depression, and anxiety than are major life events.

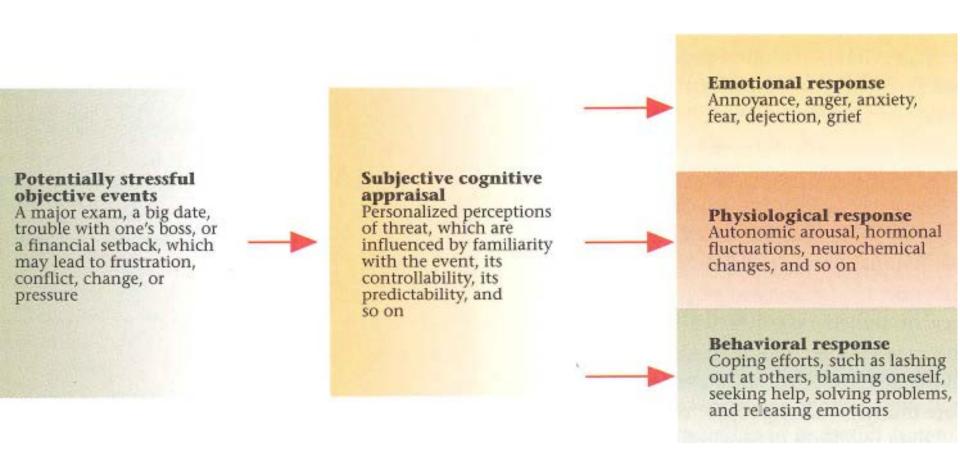
	COMMON DAILY HASSLES
	Children and Early Adolescents
	Having to clean up your room Being bored and having nothing to do Seeing that another kid can do something better Getting punished for doing something wrong Having to go to bed when you don't want to Being teased at school
	College Students
	Conflicts with a boyfriend or girlfriend Dissatisfaction with your athletic skills Having your trust betrayed by a friend Struggling to meet your own academic standards Not having enough leisure time Gossip concerning someone you care about Dissatisfaction with your physical appearance
	Middle-Aged Adults
	Concerns about weight Health of a family member Social obligations Inconsiderate smokers
Common daily hassles	Concerns about money Misplacing or losing things
reported by people from	Home maintenance
different age groups.	Job security

Stressors

- Catastrophes
 - Unpredictable large-scale events that threaten many people at once (e.g., natural disasters, terrorist attack)
 - Not necessarily produce lingering effects because they usually have a clear resolution; people with preexisting problems most vulnerable

Stressors

- Stress is a subjective experience; not all people react to the same event in the same way (Lazarus & Folkman, 1984)
- Primary appraisal: decision regarding whether an event is threatening
- Second appraisal: perceptions of one's own ability to cope with an event



Whether an event constitutes a stressor depends on a person's interpretation of it. Being turned down for a date is more stressful if a person attributes this to his own unworthiness or unattractiveness. Even a normally pleasant event can be a stressor for to some people.

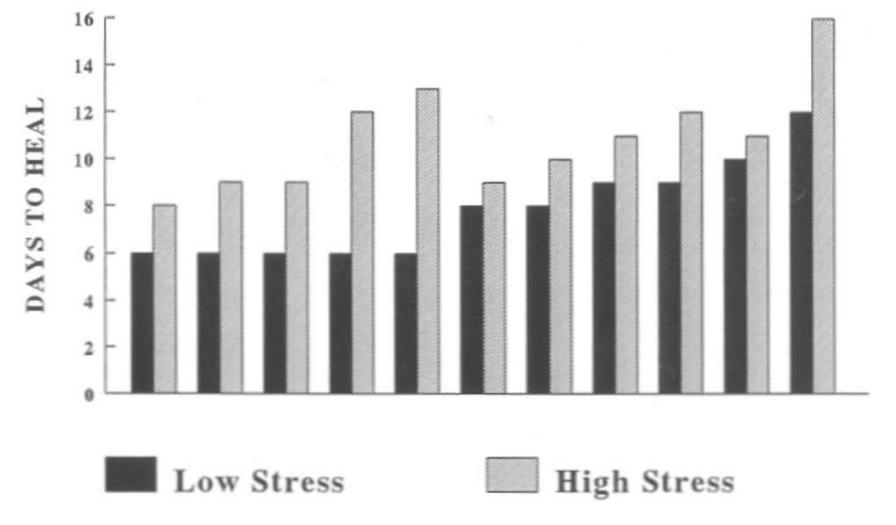
STRESS AND HEALTH

- Physiological effects
 - Immediate effects: hormone secretions by the adrenal glands, an increase in heart rate and blood pressure, changes in skin conductance
 - Adaptive because they mobilize the body to confront or leave the situation (fightor-flight response)

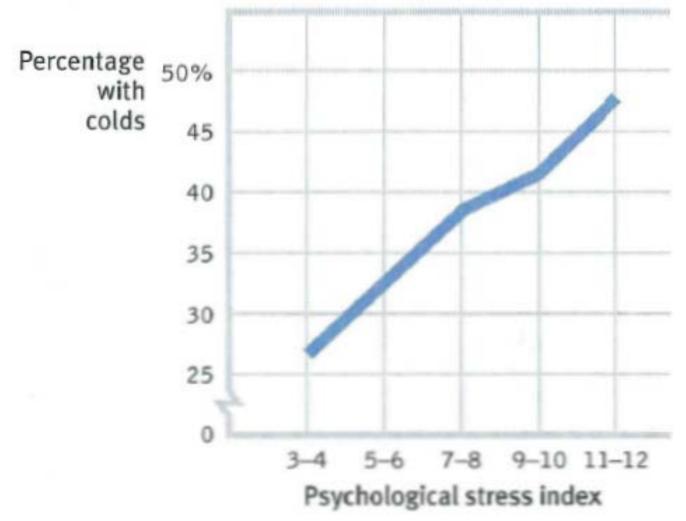
- Physiological effects
 - Continued exposure to stress: decline of the body's functioning, deterioration of body tissues, decreased immune functioning



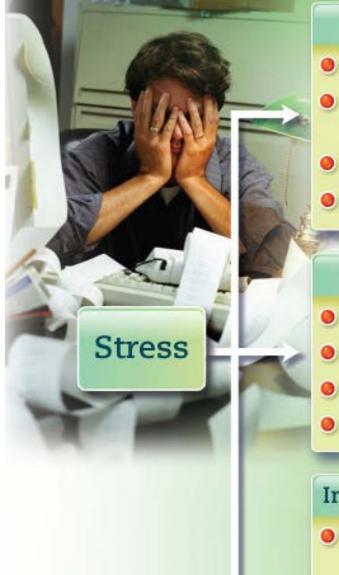
The model of general adaptation syndrome (Selye, 1956): People's responses to a prolonged stressor are typically characterized by three stages: alarm reaction, resistance, and exhaustion.



Two punch wounds were placed on the hard palate of 11 dental students. The first wound was timed during summer vacation, and the second 3 days before the first major examination of the term. Students took an average of 40% longer to completely heal the wound during examinations (Marucha et al., 1998).



Participants were given nasal drops that contained respiratory virus and followed 6 days to see whether they developed a viral infection or cold symptoms. High-stress participants were more likely to develop colds than did low-stress ones, even when variations in 18 personality and health were controlled for (Cohen et al., 1991).



Direct Physiological Effects

- Elevated blood pressure
- Decrease in immune system functioning
- Increased hormonal activity
- Psychophysiological conditions

Harmful Behaviors

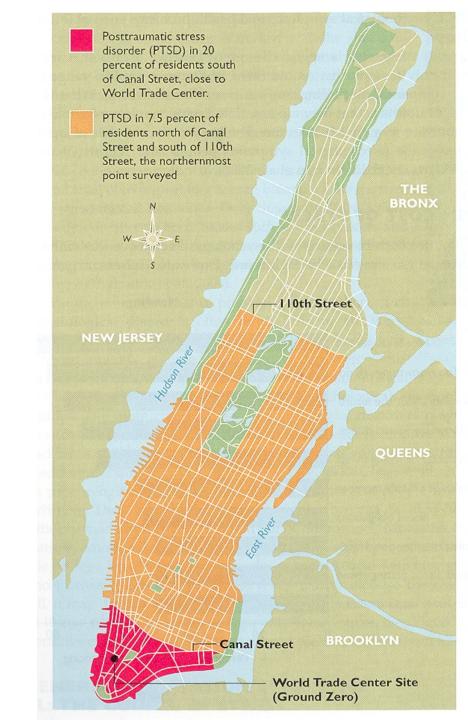
- Increased smoking, alcohol use
- Decreased nutrition
- Decreased sleep
- Increased drug use

Indirect Health-Related Behaviors

- Decreased compliance with medical advice
- Increase in delays in seeking medical advice
- Decrease in likelihood of seeking medical advice

Posttraumatic stress disorder (PTSD)

- A condition that follows severely stressful events (e.g., war combats)
- Flashbacks, avoidance of reminders of the event, recurrent dreams of the event, sleep difficulties, substance abuse, interpersonal problems, etc.

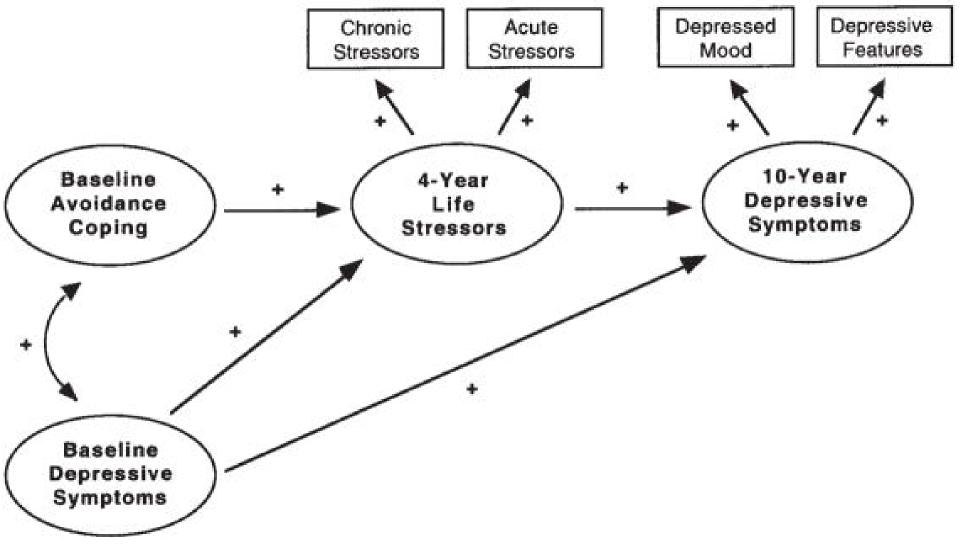


PTSD among New Yorkers after the 9/11 attack (Galea et al., 2002)

COPING WITH STRESS

Avoidance-oriented coping

- Avoiding actions to solve problems (e.g., wishful thinking, direct escape, substance use, overeating)
- Postponement of dealing with the situation often worsens the problem, creating more stress



1,211 participants were assessed 3 times over a 10-year period. Baseline avoidance-oriented coping was associated with more acute and chronic life stress 4 years later, which, in turn, were linked to more depressive symptoms 10 years later (Holahan et al., 2005).

Problem-focused coping

- Doing something to reduce the impact of the situation or prevent its recurrence (e.g., consulting professionals, acquiring information)
- More frequently used in modifiable or controllable circumstances

Emotion-focused coping

- Managing or regulating emotions in the face of stress; seeking a positive outlook (e.g., accepting sympathy, looking at the bright side of the situation, diary writing)
- More frequently used in unchangeable or uncertain circumstances

Coping flexibility

- Processes in which individuals flexibly deploy different coping strategies in distinct stressful contexts (Cheng, 2001)
- Problem-focused coping could elicit anxiety in uncontrollable situations
- Too much focus on emotions may distract us from solving problems

Social support

- Network of caring, interested others
- Emotional: feeling that one is important and valued
- Informational: receiving advice and information
- Materialistic: receiving goods and services

Social support

- Jemmott & Magloire (1988): during exam, students who had stronger social support had higher levels of antibodies
- Allen et al. (1991): women exposed to stress showed less physiological reaction when in the company of their pets

Relaxation

- Calming down through exercises, meditation, or anything relaxing (e.g., deep breathing)
- Reducing the body's physiological responses and the intensity of negative emotions

Relaxation

- Progressive muscle relaxation: tensing and then relaxing each muscle group of the body, one group at a time
- Guided imagery: directed thoughts and suggestions that guide imagination toward a relaxed, focused state