

Why Stress

physio psychological needs -

1) protection, 2) Love 3) self esteem

& self fulfilment

Actual or felt inability to utilize defenses when dealing with reality.

- Individual dealing with

Individual apply psychological defenses in order to preserve the psychological needs from reality perceived as threatening.

Meet the demand of basic needs more effectively.

defenses - 1) Reconstructing defenses -

1) Avoidance } not facing
2) withdrawing } the reality

2) Rechannelising defenses -

1) Appraisal -

2) Coping

cognitive appraisal of stress implies thoughtful evaluation of whether the events threaten the individual's well being & resources available to deal with things

Both cognition & affection are needed to.

lost.

and retrieval without any known brain problem.

(2)

STRESS

(1)

Stress as an internal state which can be caused by physical demands on body (disease, conditions, exercise, extremes of Temp. & the like) or by environmental & social situations which are evaluated as potentially harmful, uncontrollable or exceeding our resources for coping.

(2)

The physical, environmental & social situations which cause of stress state are termed stressors.

(3)

Once induced by stressors, the internal stress state can then lead to various responses,

1) On the one hand - it can result in a no. of physical, bodily responses.

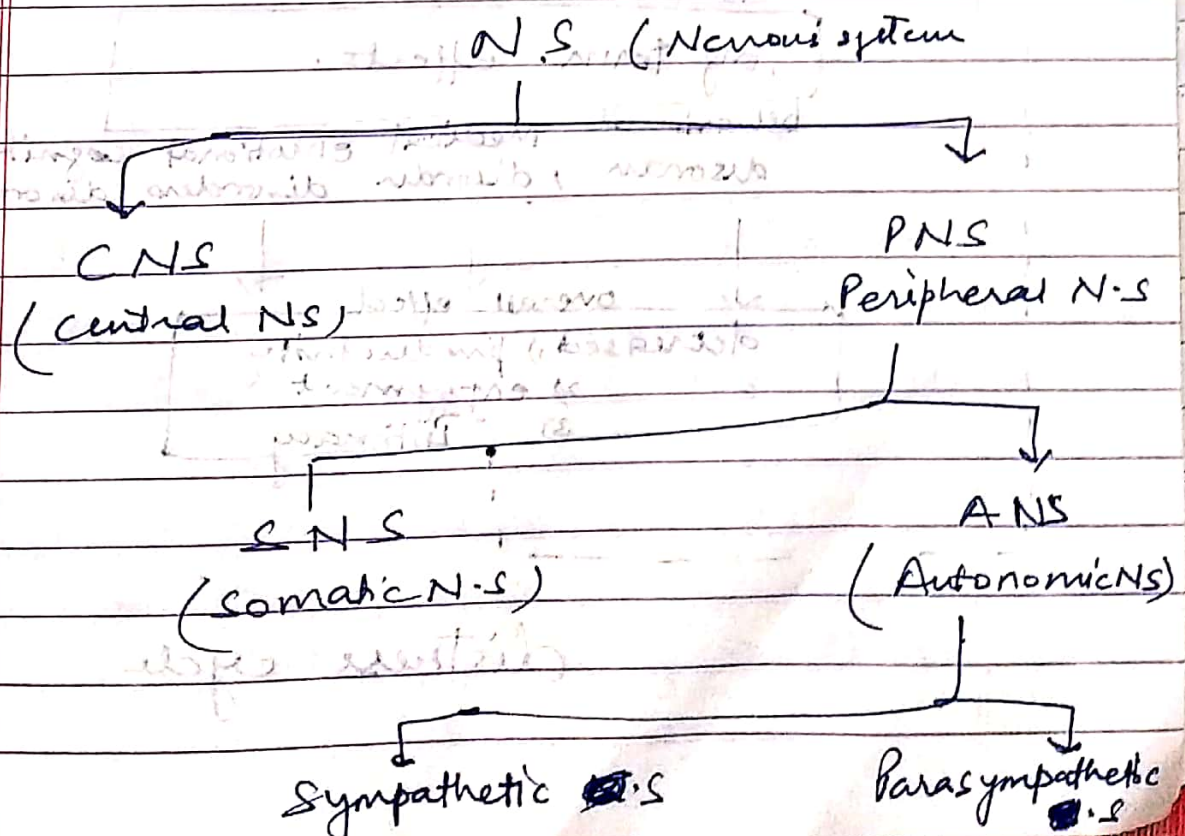
2) on the other hand - psychological responses such as anxiety, hopelessness, depression, irritability & a general feeling of not being able to cope with the world can result from the stress state.

(2) Stress refers to the widespread, generalized responses of the body to various environmental, physical & social situations.

(4) Stressors are the situations or events which cause the stress responses of the body.

(6) Among the many situations acting as stressors are — changes in one's life, injury, infection, exercise, noise, climate, frustration, & job, social, or family pressures.

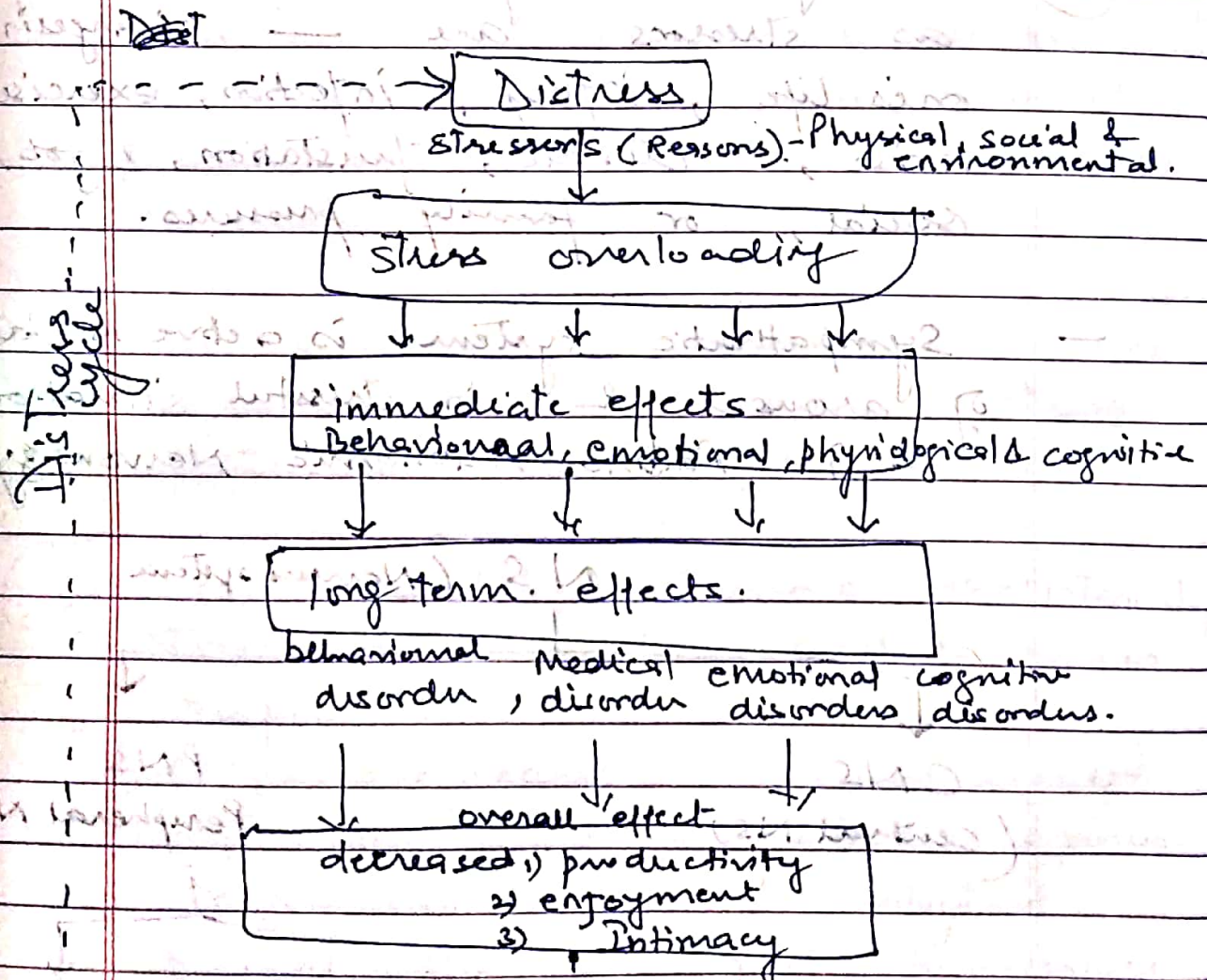
— Sympathetic system is active in states of arousal & in stressful situation.
— in ~~Autono~~ Autonomic Nervous system



Stress has a no. of immediate effects & if the stressors are maintained —

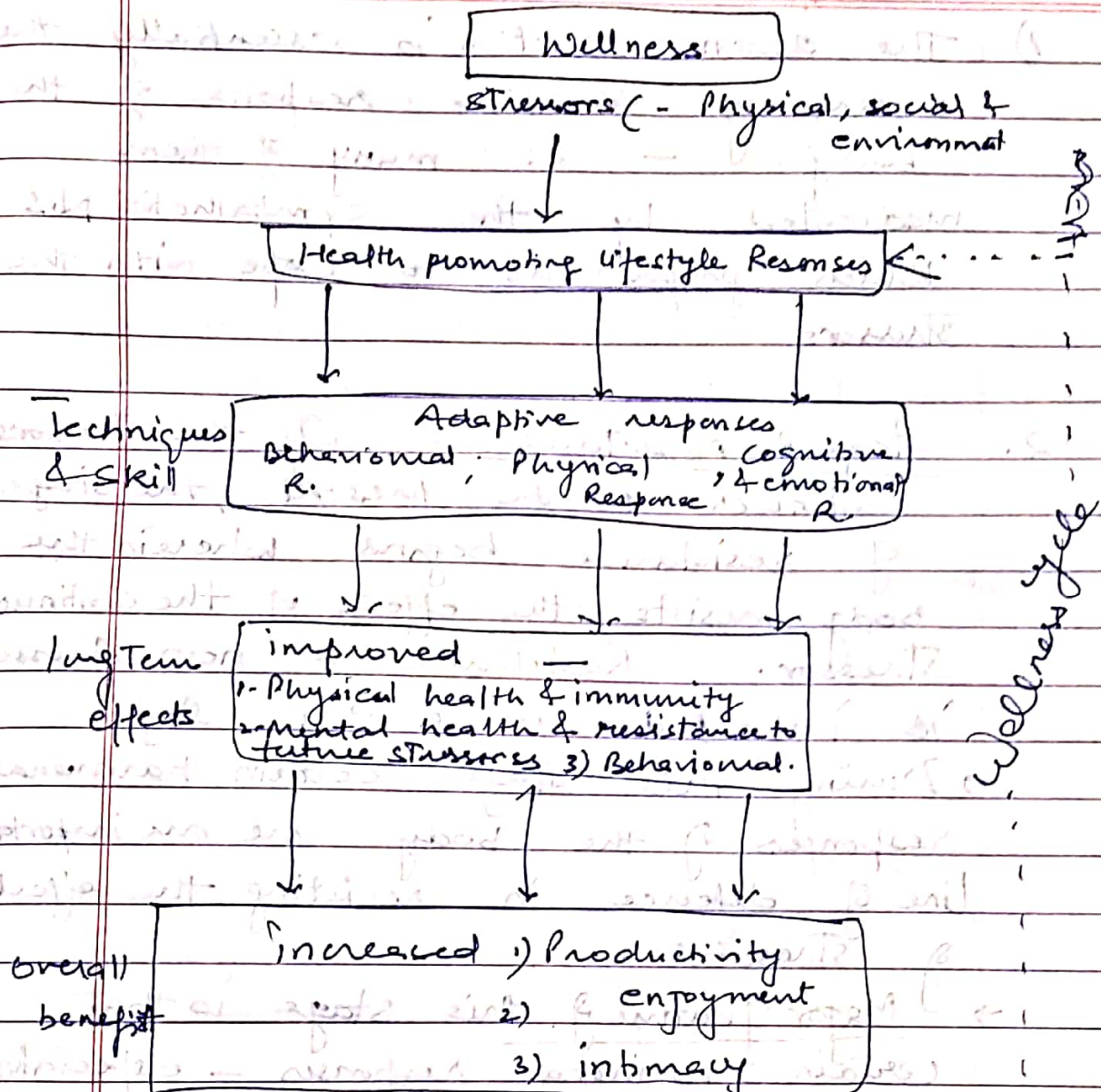
- 1) long-term behavioural
- 2) physiological
- 3) emotional &
- 4) cognitive (thinking) effects occur.

distress cycle & wellness cycle.



distress cycle

5



The body's response to stressors has been called the General Adaptation Syndrome. This syndrome has 3 stages:

- 1) The alarm reaction
- 2) the stage of resistance
- 3) " " exhaustion

1) The alarm reaction is essentially the emergency ~~reaction~~ response of the body. — & many of them mediated by the Sympathetic N.S. which prepare us to cope with the stressors

2. Stage of Resistance — If the stressors continues to be present, the stage of resistance begins wherein the body resists the effects of the continuous stressor. Resistance to new stressors is impaired during this stage.

→ During this stage certain hormonal responses of the body are an important line of defence in resisting the effects of stressors.

→ Major feature of this stage is that certain hormonal responses — especially in the A.C.T.H axis — Adrenocortico-tropic axis (~~for other stressors~~) become ~~an imp.~~ line of defence in resisting the effects of stressors.

Prolonged activity of A.C.T.H axis (~~secreted~~ ^{secreted} ~~ACT~~ Adrenocorticotrophic hormone) or other hormonal systems can impair the body's ability to fight infections & can have other harmful effects.

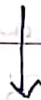
3) In the stage of exhaustion - The body's ability to respond to stressors (new & existing) has been seriously compromised.

At this stage or late in the stage of resistance, various psychosomatic disorders may occur.

psychosomatic (mind body) disorders occur when perceived stressors increase the susceptibility of the body to disease.

Adrenocorticotrophic Axis

Perception of stressors



Signal sent from various parts of brain to activate the hypothalamus



hypothalamus



Corticotropin - (chemical substance) releasing factor (CRF)



Anterior pituitary gland



ACTH



Adrenal cortex (outer layer or cortex of Adrenal gland)



Cortisol & other hormones.

Coping with Stressors.

There are methods to cope the stress -

- 1) - Transcendental Meditation (TM) program - ie give a special sound to repeat while sitting in a relaxed position.
- 2) Systematic desensitization - a procedure in which relaxation and pleasant feelings are learned as conditioned responses to stimuli that once acted as fear response producers. - with progressive relaxation. ~~training~~
- 3) Biofeedback - a procedure in which people learn to modify internal responses such as heart rate & body temp. -
In biofeedback the conditioning takes the form of information about bodily processes.
4. ~~Hypno~~ Hypnosis - for ^{deep} relaxation of muscles & include suggestions of drowsiness or deep sleep. &
To treat obesity & nausea & vomiting.
5. Relaxing Training - for systematic desensitization.

Stress coping strategies:-

- 1- problem solving strategies
- 2- emotion focused coping

- 1) - Reduces the demand of the situation or enhance one's resources to deal with it.
- 2) - attempt to regulate / reduce the emotional consequences of the stressful events



Do not be an ~~extera~~ externalized personality — (do not blame your stress on others / do not depend on others for resolution of things)

Do not be a masochism (seeking pleasure by hurting oneself) & Don't be a sadist (do not be anything)

- Do not be a ? personality

1) Achieve anything by anything for anything & any other