

## Stress:

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action.

## Signs of Stress

Stress can be short-term or long-term. Both can lead to a variety of symptoms, but chronic stress can take a serious toll on the body over time and have long-lasting health effects.

1. Changes in mood
2. Clammy or sweaty palms
3. Decreased sex drive
4. Diarrhea
5. Difficulty sleeping
6. Digestive problems
7. Dizziness
8. Feeling anxious
9. Frequent sickness
10. Grinding teeth
11. Headaches
12. Low energy
13. Muscle tension, especially in the neck and shoulders
14. Physical aches and pains
15. Racing heartbeat
16. Trembling

## Identifying Stress

Stress is not always easy to recognize, but there are some ways to identify the stress

1. Psychological signs such as difficulty concentrating, worrying, anxiety, and trouble remembering
2. Emotional signs such as being angry, irritated, moody, or frustrated
3. Physical signs such as high blood pressure, changes in weight etc.
4. Behavioral signs such as poor self-care, not having time for the things you enjoy

## Types of Stress

1. **Acute stress:** Acute stress is a very short-term type of stress that can either be positive or more distressing
2. **Chronic stress:** Chronic stress is stress that seems never-ending, like the stress of a bad marriage or an extremely taxing job
3. **Eustress:** Eustress is fun and exciting. It's known as a positive type of stress that can keep you energized.
4. **Episodic acute stress:** Episodic acute stress is when a person experience acute stress frequently.

## Coping With Stress

The symptoms may be physical or emotional. Common reactions to a stressful event can include:

1. Disbelief
2. Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
3. Changes in appetite, energy, desires, and interests
4. Difficulty sleeping or nightmares, concentrating, and making decisions
5. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
6. Worsening of chronic health problems
7. Worsening of mental health conditions
8. Increased use of tobacco, alcohol, and other substances

## Healthy Ways to Cope with Stress/ Overcome Stress

1. Take breaks from watching, reading, or listening to news stories.
2. **Take care of yourself** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out
3. Take care of your body.
4. **Make time to unwind.** Try to do some other activities you enjoy.
5. Talk to others

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6. Connect with your community- or faith-based organizations.
7. Avoid drugs and alcohol.
8. Recognize when you need more help. If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

## Intelligence

### Flynn Effect:

The Flynn effect refers to increase in population intelligence quotient (IQ) observed throughout the 20th century

OR

IQ scores increased from one generation to the next

## Motivation

### Motivation

The process of motivating individuals to take action in order to achieve a goal

### Theory of Motivations

#### Drive

An internal condition that activates the behavior and reduce a need and restore the homeostasis

#### Incentive

External goal that pull and pushes behavior

#### Instinct

Motive are innate

#### Arousal

Arousal is defined as the "People are motivated to maintain optimum level of arousal"

## Humanistic

### Hierarchy of needs

#### Drive as Tissue Need

### Homeostasis

The process of maintaining constancy in the psychological activities of organism

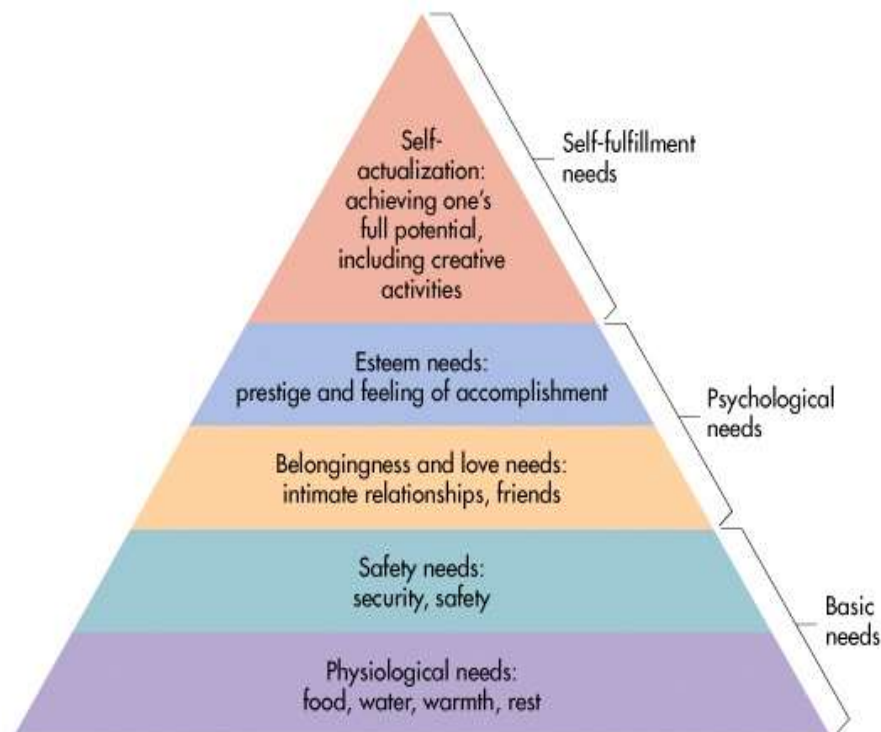
- Animal do behave in accordance to their tissue needs (i.e. increasing or decreasing calorie)
- However, Homeostasis do not explain all drives

### Sensation Seeking

A person high in sensation seeking trends to look for something exciting and risking activities

### Humanistic Theories

Abraham Maslow suggested that the motives are divided into several levels from basic survival need to the psychological needs and self-fulfillment needs

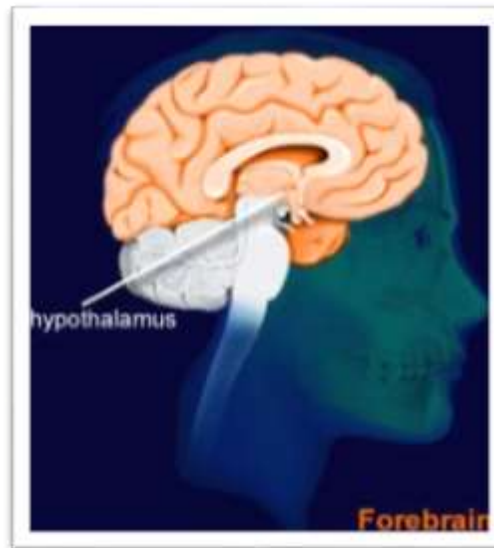


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## Drives as States of the Brain

The hub of many central drive system lies in the *hypothalamus*



## Energy Homeostasis

### Basic metabolic rate (BMR)

BMR is the numbers of calorie you burn as your body perform basic life-sustaining function

- Factors that influence BMR
  - Age
  - Sex
  - Size
  - Genetics
  - Food intake

**Energy homeostasis long-term:** matching of food intake to energy expenditure

**Positive energy balance:** when caloric intake exceeds amount of caloric energy expended

**Negative energy balance:** when caloric intake falls short of amount of caloric energy expended

## Short-Term Eating Signals

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- **Physiological:** slight increase in blood insulin
- **Psychological:** Classical and operant conditioning surrounding eating behavior
- **Satiety:** Signals from the stomach, chemical (CCK), and stretch receptors

## Long-Term Signals and Body Weight

### Leptin

A hormone that indicate the amount of fat in a body

- Secretion of leptin and insulin are directly proportional to the amount of body fat

### Set Point Theory

Set point theory states that the human body tries to maintain its weight within a preferred range.

### Settling Point Theory:

It says that the body weight stabilize at the point where the amount of energy intake and expenditure are balanced

## Excess Weight and Obesity

### Obesity

Condition characterized by BMI equal to or greater than 30

### Overweight

Condition characterized by BMI between 25.0 to 29.9

### Factors Contributing to Being Overweight/Factor of Obesity

- Highly palatable food—we eat because it tastes so good
- SuperSize It—food portions are larger than necessary for health
- Cafeteria Diet Effect—more food and more variety lead us to eat more
- Snacking—does not cause us to eat less at dinner
- BMR—changes through the lifespan

## Eating Disorders

### Anorexia Nervosa

It is an eating disorder characterized by the abnormally low body weight, an intense fear of gaining weight and distorted body image

### Bulimia Nervosa

It is characterized by uncontrolled habits/episodes of overeating (called bingeing)

### Binge Eating Disorder

People with Binge eating disorder frequently consume large amount of food and feel unable to stop eating

## Self-Determination Theory

Self-determination theory suggests that all humans have three basic psychological needs

1. Autonomy → Need to determine, control and organize one's own behavior and goals
2. Competence → Need to effectively learn and master challenging tasks
3. Relatedness → Need to feel attached to others

*Proposed by E. L. Deci and R. M. Ryan*

### Achievement Motivation Theory

The desire to perform well and be successful

### Competence Motivation Theory

Competence motivation is a theory that centers on the idea that people are driven to engage in activities to develop or demonstrate their skills.

===== End =====

## Personality

### Reality principle

In Freudian psychology and psychoanalysis, the reality principle is the ability of the mind to assess the reality of the external world

### Super Ego

In Freudian psychology and psychoanalysis, part of the personality that acts as a moral center

### Conscience

In Freudian psychology and psychoanalysis, Produce guilt or moral anxiety when they do something wrong or engage in acceptable behavior

### Defense Mechanism

Defense Mechanism are the behavior that the people use to separate themselves from unpleasant event, thought or actions

### Denial

Refuse to recognize a threading situation

### Repression

Pushing threading or conflicting situation out of conscious memory

12 Defense Mechanisms: Sigmund Freud	
1	<b>Compensation:</b> Strengthen one to hide another.
2	<b>Denial:</b> Refuse to face a negative behavior.
3	<b>Displacement:</b> Take it out on someone else.
4	<b>Identification:</b> Attach to something positive.
5	<b>Introjection:</b> Conform feelings for approval.
6	<b>Projection:</b> See your faults & foibles in others.
7	<b>Rationalization:</b> Excuse and justify mistakes.
8	<b>Reaction Formation:</b> Pretend you are different.
9	<b>Regression:</b> Act much younger to feel better.
10	<b>Repression:</b> Putting things into darkness.
11	<b>Ritual &amp; Undoing:</b> Override negative with habit.
12	<b>Sublimation:</b> Divert negative into acceptable.
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## Emotion

Emotions are psychological states that include subjective, physiological, and behavioral elements

### Basic Emotion

Basic emotions are innate and hard-wired

For example: Fear, sadness, happiness, disgust etc.

### Complex Emotion

Complex emotions are a blend of many aspect of emotion

- Complex emotion are classified into two dimension
  1. Pleasant or Unpleasant
  2. Level of activation or arousal associated with the emotions

### Physical Arousal and Emotions

Sympathetic nervous system is aroused with emotions (fight or flight response)

Different emotion stimulate different response

1. Fear → Decrease in skin temperature
2. Anger → Increase in skin temperature

### Amygdala

The amygdala is responsible for the perception of emotion such as anger, fear and sadness as well as controlling of aggression

- Common 4 response that amygdala trigger are
  1. Anger
  2. Fear
  3. Sadness
  4. Aggression

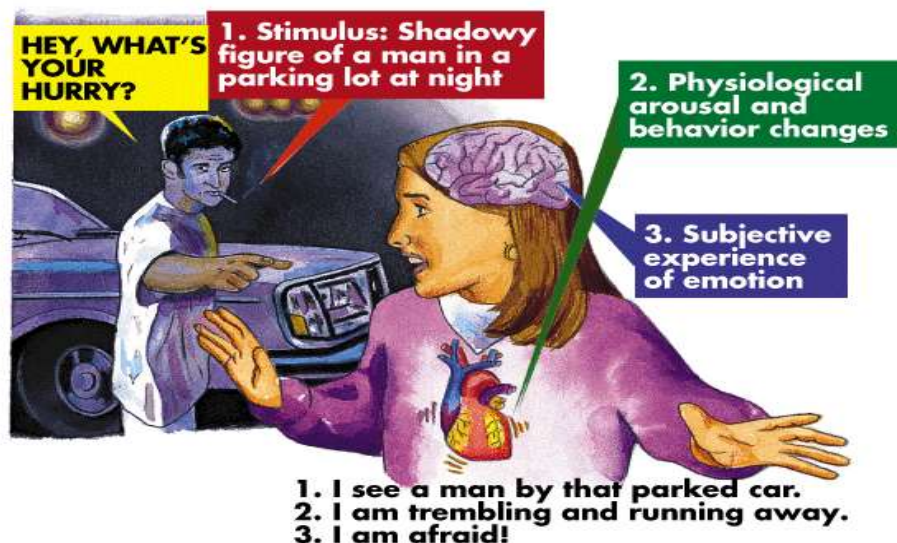
## Facial Expression

- Each basic emotion is associated with a unique facial expression
- Facial expression are innate and hard-wired

## The James-Lange Theory of Emotion

The James-Lange theory is one of the best-known examples of a physiological theory of emotion. Independently proposed by psychologist William James and physiologist Carl Lange

According to the James-Lange theory of emotion, an external stimulus leads to a physiological reaction. Your emotional reaction depends upon how you interpret those physical reactions.



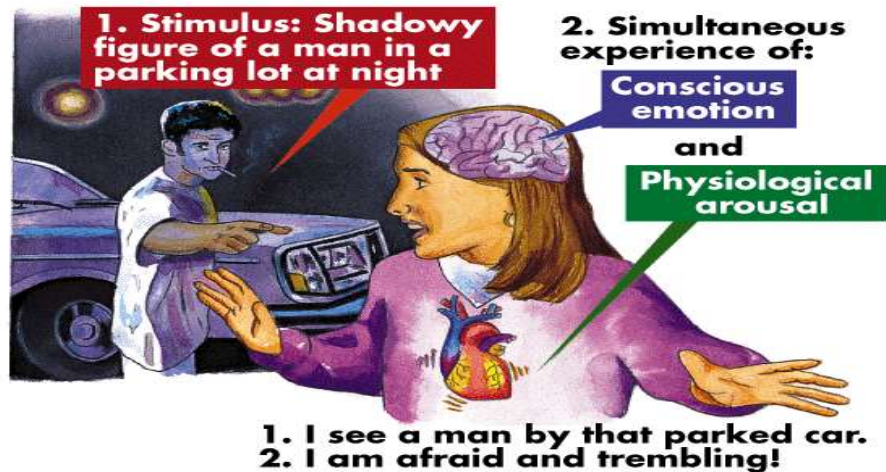
## The Cannon-Bard Theory of Emotion

Another well-known physiological theory is the Cannon-Bard theory of emotion. This theory was proposed in the 1920s and early 1930s by Walter B. Cannon and Philip Bard. It's also referred to as the "fight or flight" response.

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The Cannon-Bard theory states that the lower part of the brain, also called the thalamus, controls your experience of emotion. At the same time, the higher part of the brain, also called the cortex, controls the expression of emotion. It is believed that these two parts of the brain react simultaneously.



### Two Factor Theory

Developed by Stanley Schechter and Jerome Singer in the 1960s, the two-factor theory of emotion, also known as the Schechter-Singer theory, proposes our experience of emotions depends on two things: physiological arousal and our cognitive interpretation of the arousal.



===== END =====

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