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| [**Home**](http://docs.google.com/index.html) **|** [**Introduction**](http://docs.google.com/introduction.html) **| Hypo/Pred |** [**Experiment**](http://docs.google.com/experiment.html) **|** [**Data**](http://docs.google.com/data.html) **|** [**Conclusion**](http://docs.google.com/conclusion.html) **|** [**Recommendations**](http://docs.google.com/recommendations.html) **|** [**Bibliography**](http://docs.google.com/bibliography.html) **|** [**Links/Other**](http://docs.google.com/linksother.html) |
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|  |  |  | **Introduction** |  |

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| [**Home**](http://docs.google.com/index.html) | [**Introduction**](http://docs.google.com/introduction.html) | **Hypo/Pred** | [**Experiment**](http://docs.google.com/experiment.html) | [**Data**](http://docs.google.com/data.html) | [**Conclusion**](http://docs.google.com/conclusion.html) | [**Recommendations**](http://docs.google.com/recommendations.html) | [**Bibliography**](http://docs.google.com/bibliography.html) | [**Links/Other**](http://docs.google.com/linksother.html) |

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| |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **AP Biology: Stress**   |  | | --- | | [**Home**](http://docs.google.com/index.html) | | [**Introduction**](http://docs.google.com/introduction.html) | | **Hypo/Pred** | | [**Experiment**](http://docs.google.com/experiment.html) | | [**Data**](http://docs.google.com/data.html) | | [**Conclusion**](http://docs.google.com/conclusion.html) | | [**Recommendations**](http://docs.google.com/recommendations.html) | | [**Bibliography**](http://docs.google.com/bibliography.html) | | [**Links/Other**](http://docs.google.com/linksother.html) | |   Visit now at  **PUSD Online:**   |  | | --- | |  |   • [PUSD Home](http://www.pleasanton.k12.ca.us/)  • [Project Creekwatch](http://www.pleasanton.k12.ca.us/avh_science/creek/creek.html)  • [AVHS Home](http://www.pleasanton.k12.ca.us/amador/index.htm)   |  | | --- | | **Online Poll**  Do you think you are stress out?  Yes No    Participants: 150 |   **Sleep: Snooze or Lose**   |  | | --- | |  |   There is no clear answer on how much sleep is enough. Some people can get by with five or six hours, but others say they need ten. The average person sleeps about eight hours each night. Find the right amount of sleep that is right for you. At one to four P.M. the body tends to slow down and its a good idea to take a short nap about 15 to 20 minutes long. Anything longer than this can make a person more worn out than when they started the nap. Sleep is necessary for physical and mental health. Sleep deprivation can lead to loss of strength, impaired immune system, and increased blood pressure. Lack of sleep can result in poor concentration and impaired tasks involving memory, learning, logical reasoning, and mathematical calculations.   |  | | --- | | - From [Snooze or Lose](http://www.fitnesslink.com/mind/sleep.htm) |  |  |  | | --- | --- | |  | | | **A Good Night's Sleep** | | | • | **Go to bed at the same time every night and get up the same time every morning.** | | • | **If you can't fall asleep after 30 minutes, then get up.** | | • | **Establish a regular bedtime.** | | • | **Use the bedroom for sleeping only.** | | • | **Avoid caffeine, nicotine, and alcohol in the late afternoon and evening.** | | • | **Don't exercise right before bedtime.** |  |  |  | | --- | --- | |  | | | **Relax** | | | • | **Eat Wisely** | | • | **Deep Breathing** | | • | **Exercise** | | • | **Go Outside** | | • | **Enjoy Time With Family and Friends** | |  | |  | | --- | |  | |  | |  |  |  |  |  | | --- | --- | --- | | Conditioning/Habits | Immune Response | Stress Responses |  |  | | --- | |  | |  | |  |   **MAKING TIME**  **• Stay Healthy**  **• Exercise Regularly**  **• Review Your Priorities and Lifestyle**  **• Develop You Ability to Schedule Your Time Realistically**  **• Mindfulness** - Finding Opportunities for Renewal in Everyday Tasks   |  |  |  |  | | --- | --- | --- | --- | |  | |  | | |  |  |  |  | |  | **DEFINITION** Stress is a mentally or emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health, usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability, and depression.   |  | | --- | | - From *Becoming Stress Resistant* | | |  | |  |  |  |  | |  | |  | |   **General Adaptation Syndrome**   |  | | --- | | - From *Breaking the Stress Habit* |   **STRESS MANAGEMENT**   |  | | --- | |  |   **Stressor + Beliefs --> Thoughts --> Emotions --> Both Physical Changes and Behavior**   |  | | --- | |  | | **MUSCLES AFFECTED** | | There are several muscle groups affected by stress including: Temporalis, Frontalis, Biceps, Petoralis Major, Brachioradialis, Rectus Abdominus, Rectus Femoris, Tibialis Anterior, Occipitalis, Trapezius, Deltoids, Triceps, Latissimus Dorsi, Giluteus Minimus, Biceps Femoris, and Gastrocnemius. |   **Part I**  The phenomenon of stress is that it starts in the mind, then effects the emotions, the body, and the soul. Stress and stress management deal with a person's interaction with the stressor and how it affects the individual's beliefs and thoughts. Usually stress causes thoughts to be negative or distorted. In turn, these thoughts affect emotions and changes how the body behaves. Examples of this are: making a project deadline for work or school, making a play in a sporting event which is necessary to win the game, or maybe just everyday tasks. Stress produces what is called the "flight or fight" response in the body. This theory was around since cavemen. Either it will produce adrenaline to fight or give the body the ability to run faster than ever before. Several body changes will occur such as: tense muscles, increased blood sugar, adrenaline rush, cortico-steriods to numb pain, throwing up, increased breathing and heart rate, and increased blood pressure. When this occurs the individual does not think, it just reacts. The body reacts this way no matter what the stressor is. The body does not know the difference between something that is potentially life threatening and something that is a percieved danger. We rarely see a life threatening stressor, but come across minor hassles daily. Daily, a person recieves about forty to fifty stress responses. However, our bodies are used to these stressors and rarely know they are there. When the stress demands our body's attention, we begin to focus on it. To deal with stress, a person first has to recognize it. The individual should try to alter or get rid of the stressor. We need some stress in our lives, but not too much.     |  | | --- | | - From [Basics of Stress Management I](http://www.tvpress.com/idn/idn1/lifeout.htm) |   **Part II**  With perceptions of the stressors, an easier way to reduce stress can be found. The stressors interact with our system of beliefs and by managing these perceptions, stress can be dealt with. Subconscious, negative, and distorted thoughts often lead to a bigger stress response than necessary. Nervousness can lead to increased stress levels, while staying calm leads to reduced levels. When something bad happens, an individual tends to have negative, distorted thoughts about the event and vice versa; if something good happens, an individual tends to have positive, pleasant thoughts about the event. These thoughts can sometimes lead to guilt. An example of this is when a person procrastinates on an assignment and thinks, "I should have started this assignment earlier." It is helpful for a person to set positive goals. To help manage stress, determine what is causing your negative, distorted beliefs. This will give conscious mind to everyday tasks. Sometimes it is even helpful to write this information down.     |  | | --- | | - From [Basics of Stress Management II](http://www.tvpress.com/idn/idn2/lifeout.htm) |   **Part III**  Everyone is different and not all stressors are the same. First, decide if something can be done to the stressor to reduce it or make it go away completely. Two questions can be asked: Does the problem need to be solved and can something be done to reduce the effects of the stressor? Engaging in some coping strategy to deal with the effects of stress is a priority. The main goal is to solve the problem. The sooner the stressor is given attention, the sooner the stress will be resolved. One coping strategy that some use is called MBO - Manangement By Ostrich. When an ostrich senses danger, it buries its head in the ground and pretends danger is not there. Sometimes it is not obvious on how the problem should be solved. Sometimes it is better to choose a physical-focused coping and/or emotion-focused coping strategy. Physical-focused coping is when something is done to reduce the physical effects of the stressor. Emotion-focused coping is when something is done to reduce the emotional effects of the stressor. A grieving process is always experienced, and is often painful and time-consuming. Sometimes the effects of the stress are too severe that it cannot be solved at first. With these situations it is okay to be distracted from them and temorarily avoid them, but this state is only temporary. Temporarily choose different coping strategies before choosing a problem focused strategy. Another strategy is spiritual-focused coping. This can be a prayer or guidance by a spiritual/religious leader. Some people tend to stick to only one particular strategy. This rarely solves anything until the stressor is too severe.   |  | | --- | | - From [Basics of Stress Management IV](http://www.tvpress.com/idn/idn4/lifeout.htm) |  |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | |  |  | | |  | [**Home**](http://docs.google.com/index.html) |  |  | **Hypothesis/Prediction** | |  | | |  | |  |  | | |  | [**Experiment**](http://docs.google.com/experiment.html) |  |  | [**Data**](http://docs.google.com/data.html) | |  | | |  | |  |  | | |  | [**Conclusion**](http://docs.google.com/conclusion.html) |  |  | [**Recommendations**](http://docs.google.com/recommendations.html) | |  | | |  | |  |  | | |  | [**Bibliography**](http://docs.google.com/bibliography.html) |  |  | [**Links/Other**](http://docs.google.com/linksother.html) | |  | | |  | Explore This Site: Stress Home Introduction Hypothesis/Prediction Experiment Data Conclusion Recommendations Bibliography Links/Other PUSD Home Project Creekwatch AVHS Home   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  |  | | |  | |  |  | No matter how hard you try you can never escape stress. Almost anything we do causes stress. There are hundreds of different ways to define stress. Few people understand the concept of stress. If stress is handled effectively, then it will encourage an individual to overcome obstacles that separate our hopes and goals. To deal with stress it is sometimes possible to learn how to stay calm when under pressure. If an individual cannot adapt to the pressure that a particular situation arises, then it may result in sickness, depression, low self esteem, and low achievement.   |  | | --- | | - From *The Stress Factor* | |  |  | |  |  | | |  |  |  | | --- | | **Work/Family Stress** | |  | | of Parents |   Work and family stress is caused more by the separate pressures of the job and family roles than by the demands of having both job and home responsibilities. Men and women take equal responsibility in the home as well as work resulting in equal amounts of work and family stress. Work stress and family stress affect both an individuals self esteem and depression levels. Raised self esteem is achieved at the work place, while depression is obtained through relationships of the home. Work stress is important in determining self esteem in mothers as oposed to fathers. Mothers and fathers with more than one job have shown to have increased stress levels. Dual-earners were found to have less spouse support and had little significance in the family itself. Parents with two jobs seemed to be detached from the family.     |  | | --- | | - From [Work Stress/Family Stress](http://www.apa.org/releases/workstrs.html) |      |  | | --- | | **Stress Reduction** | |  | | Techniques |   The object is not to eliminate stress completely. It is physically impossible. The only people with no stress are those that are dead. Stress is a challenge and without any life would be dull and boring. What is necessary though is reducing the stress and reducing the effects that is unecessary on our bodies, minds, and spirits. Sometimes it is impossible to stop a stressful event from happening. An example of this is death. Having control over stress can make a healthier person altogether. Not all stress is bad. Reacting to an emergency can be healthy on the body. Having too many "emergencies," however, can be harmful to the body. It is suggested that there is a bell curve distribution between stress and performance. When there is little stress, people do not put out much effort; the same usually occurs when stress is too high. Effort is maximized under conditions of moderate stress or difficulty. The feeling of joy and accomplishment is felt when the battle is won over stress. Stress can contribute to many health problems, but on the contrary, improving stress management skills can improve health. Each and everyday produces stressful situations. Dealing with stress is a matter of how well things are taken, and how important improving the skills of reducing stress are. This concept deals with reducing stress, not eliminating it completely.     |  | | --- | | - From [Questions About Stress](http://www.tvpress/idn/idn5/lifeout.htm) |      |  | | --- | | **Stress Management** | |  | | Heart Patients |   A stress-management program helped reduce their risk of heart attacks or the need for surgery by 74%. Of the 11 million Americans with heart disease, 50% to 60% have it due to high levels of stress and 40% to 50% have it due to normal activites. The people put on the stress management program showed to have fewer heart attacks than those that were not. The stress management program that they were on was weekly sessions that lasted 1.5 hours. In these sessions there was classroom teaching about heart disease and stress, and the students were also trained on stress-reduction skills. Most of the studies of heart attacks are linked to emotional stress.   |  | | --- | | - From [Stress Management Helps Heart Patients](http://www.usatoday.com/life/health/heartdis/prevent/lhhpt016.htm) | |
| [**Top of Page**](#gjdgxs) |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [**Home**](http://docs.google.com/index.html) | [**Introduction**](http://docs.google.com/introduction.html) | **Hypo/Pred** | [**Experiment**](http://docs.google.com/experiment.html) | [**Data**](http://docs.google.com/data.html) | [**Conclusion**](http://docs.google.com/conclusion.html) | [**Recommendations**](http://docs.google.com/recommendations.html) | [**Bibliography**](http://docs.google.com/bibliography.html) | [**Links/Other**](http://docs.google.com/linksother.html) |