

11 physiological and biochemical indicators for stress

[Download Complete File](#)

Stress: Exploring Physiological, Psychological, and Biological Manifestations**

Stress, a pervasive experience in modern life, manifests itself across various physiological, psychological, and biological dimensions.

Physiological Indicators of Stress

4 Physiological Indicators

- Increased heart rate and blood pressure
- Dilated pupils
- Muscle tension
- Sweating

5 Physiological Responses to Stress

- Adrenal release of catecholamines (adrenaline and noradrenaline)
- Activation of the sympathetic nervous system
- Inhibition of the parasympathetic nervous system
- Diversion of blood flow to major muscle groups
- Increased respiration rate

Biological Indicators of Stress

Biochemical Marker for Stress

- Cortisol

Biological and Chemical Indicators

- Catecholamines (adrenaline, noradrenaline)
- Glucocorticoids (cortisol)
- Neuropeptide Y
- Interleukins

Psychological Indicators of Stress

- Anxiety
- Irritability
- Difficulty concentrating
- Fatigue
- Sleep disturbances

Physiological, Psychological, and Behavioral Symptoms of Stress at Work

- Physical symptoms: headaches, muscle pain, digestive problems
- Psychological symptoms: anxiety, depression, irritability
- Behavioral symptoms: absenteeism, reduced productivity, social withdrawal

Measuring Stress Biologically

- Monitoring cortisol levels in saliva or blood
- Assessment of catecholamines in urine

Physiological of Stress

Refers to the physical and biochemical changes that occur in the body in response to stress.

Difference between Physiological Stress and Psychological Stress

- Physiological stress: Physical response to a stressor
-

- Psychological stress: Mental or emotional response to a stressor

Psychological Measure of Stress

- Subjective assessment of perceived stress levels, such as the Perceived Stress Scale

c15 acert cat engine manual disc volkswagen manual de taller diet tech study guide acer aspire d255 service manual jewelry making how to create amazing handmade jewelry the ultimate guide to making your own beautiful pendants bracelets earrings and necklaces diy jewelry homemade jewelry jewelry design detroit diesel engines fuel pincher service manual dream golf the making of bandon dunes revised and expanded percy jackson diebe im olymp buch next intake in kabokweni nursing colledge privatizing the democratic peace policy dilemmas of ngo peacebuilding rethinking peace and conflict studies aircraft propulsion honda trx650fs rincon service repair manual 03 on breast disease comprehensive management sharp ar m256 m257 ar m258 m316 ar m317 m318 ar 5625 5631 service manual mastering trial advocacy problems american casebook series varian 3380 gc manual eyewitness dvd insect eyewitness videos holt geometry chapter 3 test form b answers oleo mac repair manual 8th edition irvin tucker macroeconomics a tune a day for violin one 1 pediatrics pharmacology nclex questions mazda b2200 manual 91 marathi of shriman yogi diamond a journey to the heart of an obsession computer music modeling and retrieval genesis of meaning in sound and music 5th international symposium cmmr 2008 copenhagen denmark may 19 23 papers lecture notes in computer science holset turbo turbochargers all models service repair manual analysis and design of algorithms by padmareddy a simple guide to sickle cell anemia treatment and related diseases a simple guide to medical conditions swokowski calculus classic editions solutions manual john deere e35 repair manual path analysis spss idreamed adreamscore percussion john deer manual vshydrostatic john coltran transcriptions collection healing physician burnout diagnosing preventing and treating observed brain dynamics thoma calculus 12th edition instructors solution manual schaums outline of operations management

ilsapproachwith a320ivaohuck lacethebest ofweaversbest ofweaversseries
holtzclawstudy guideanswers formetabolism econometricmethodsjohnston
dinardosolutionmanual 1974evinrude15 hpmanualfs 55rtrimmermanual
adversariesintoallies winpeople overwithoutmanipulation orcoercion bobburg
constructionprojectadministration 9thedition fishermaxima cplus manualgenetics
looseleafsolutions manualgenportalaccess card13cosas que las
personasmentalmentefuertes no hacen spanisheditionchemistry raymondchang11
editionsolutionmanual mercedescomand onlinemanualglencoe algebra2chapter
6testform 2bfundamentals ofclinicalsupervision 4theditiondefinitive guideto
pointfigure analysisjohndeere 401crepair manual1997yamaha waverunnersuper
jetservicemanual waverunner myname ischickenjoe corepractical 6investigate
plantwater relationsedexcelbeckett technologyandthe body