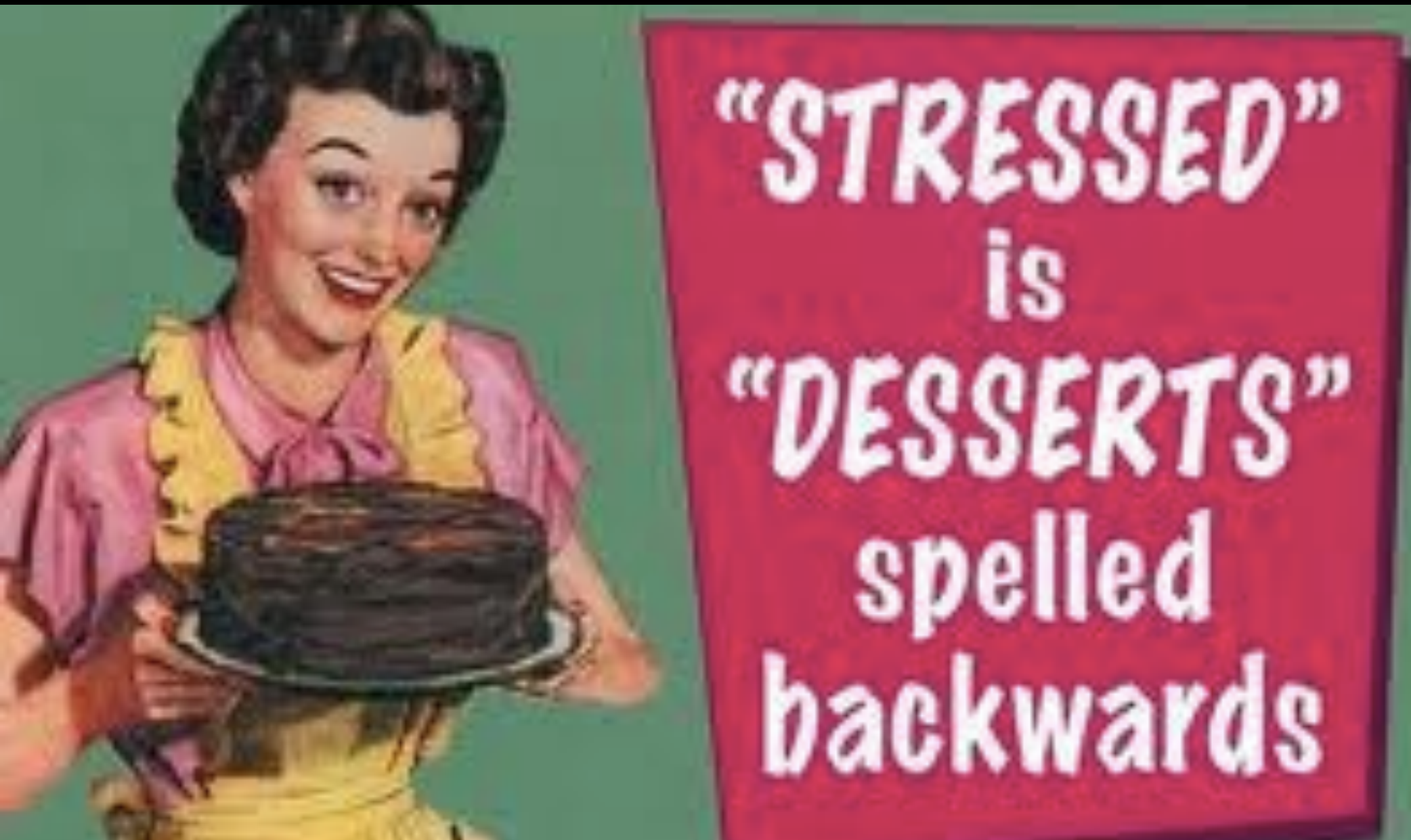


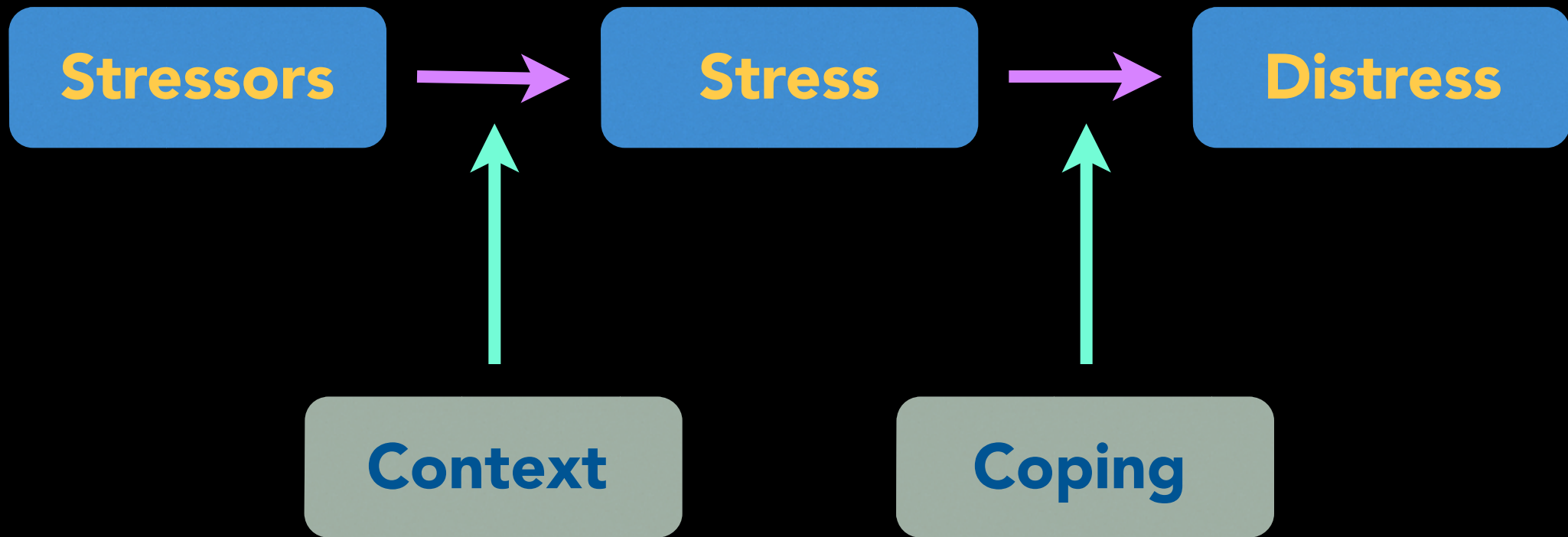
SOC 3510; WEEK 5, 9/22

SOCIAL STRESS PARADIGM II



FINAL EXAM =
TUESDAY, 12/13
10-NOON,
CHEMISTRY BUILDING,
RM W128

BASIC CONTEMPORARY MODEL



TYPES OF STRESSORS

- Daily Hassles
- Nonevents
- Life Events
- Traumatic Event

COPING STRATEGIES

- Problem-focused
- Emotion-focused

COPING RESOURCES: PSYCHOLOGICAL

- Psychological resources:
 - Self-Esteem
 - Mastery

COPING RESOURCES: SOCIAL

- Social resources:
 - Social cohesion
 - Social support

SOCIAL SUPPORT

- Potential Chicken and Egg issue:
 - Does perceived social support really reduce distress
OR are those who have psych distress less likely to have influential social contacts at all and be able to confide in them?

STRESSORS

- Differential exposure
- Differential vulnerability

DO DAILY STRESS PROCESSES ACCOUNT FOR SOCIOECONOMIC HEALTH DISPARITIES?

- Examination of differential vulnerability by SES (specifically education level)
- Results?

LGBTQQIAP: DIFFERENTIAL EXPOSURE

- Sexual minorities tend to have more physical and mental health problems

STRESS PARADIGM

- What makes this paradigm distinctly social?

MAKING STRESS WORK FOR YOU?

REFRAMING STRESS

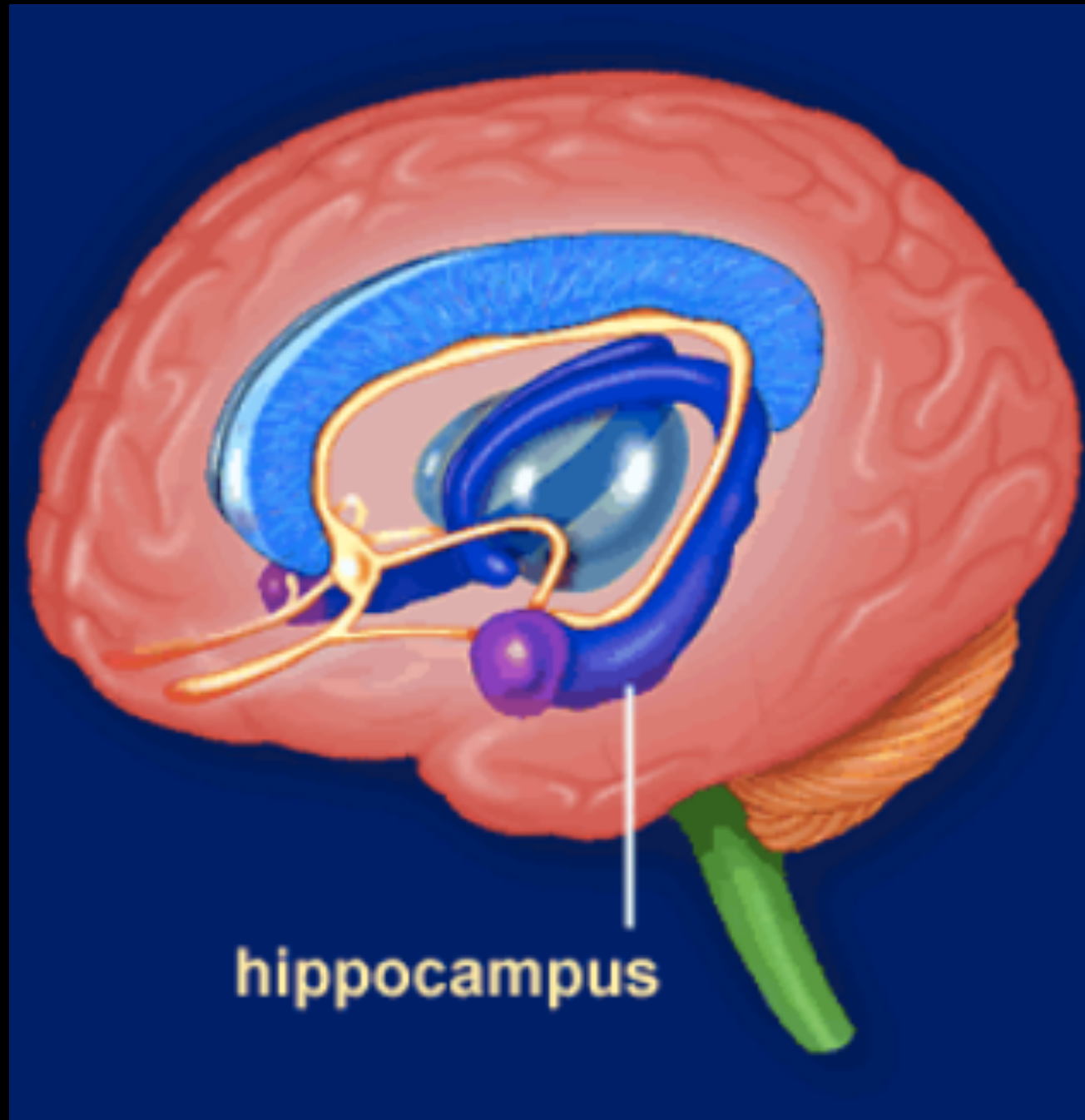


In what ways is stress good?

Can all stressors be fixed/helped?

Why/not? Examples?

STRESS EFFECTS
MEMORY



"The greatest
weapon against
stress is our ability
to choose one
thought over
another."

William James