

Dr Anand Krishna Singh

Stress

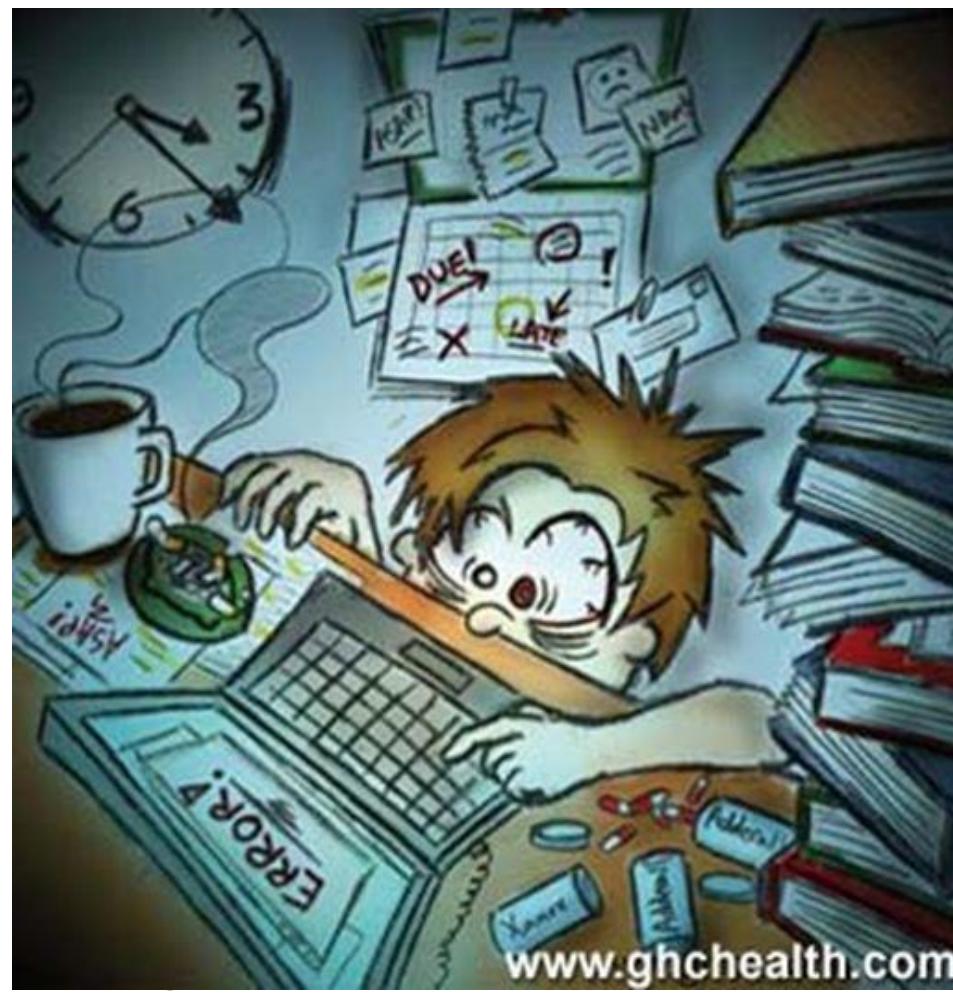
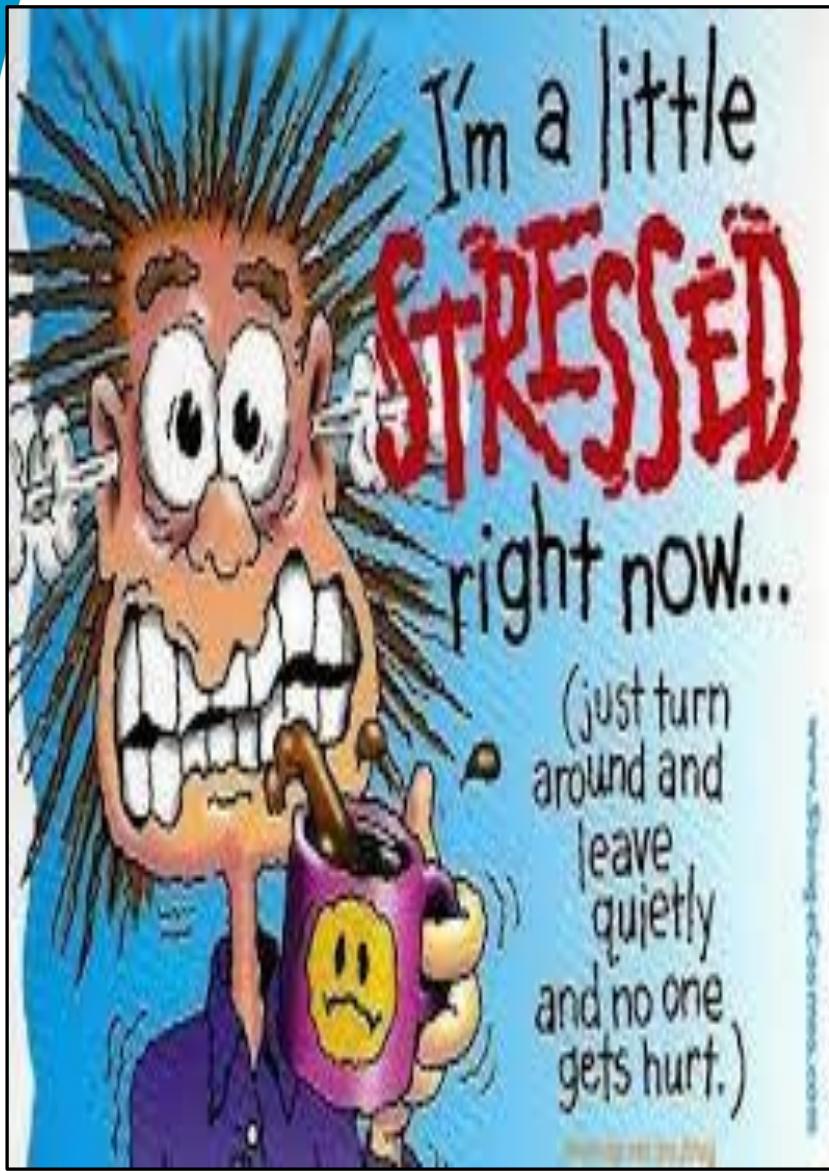


Definition Of Stress:

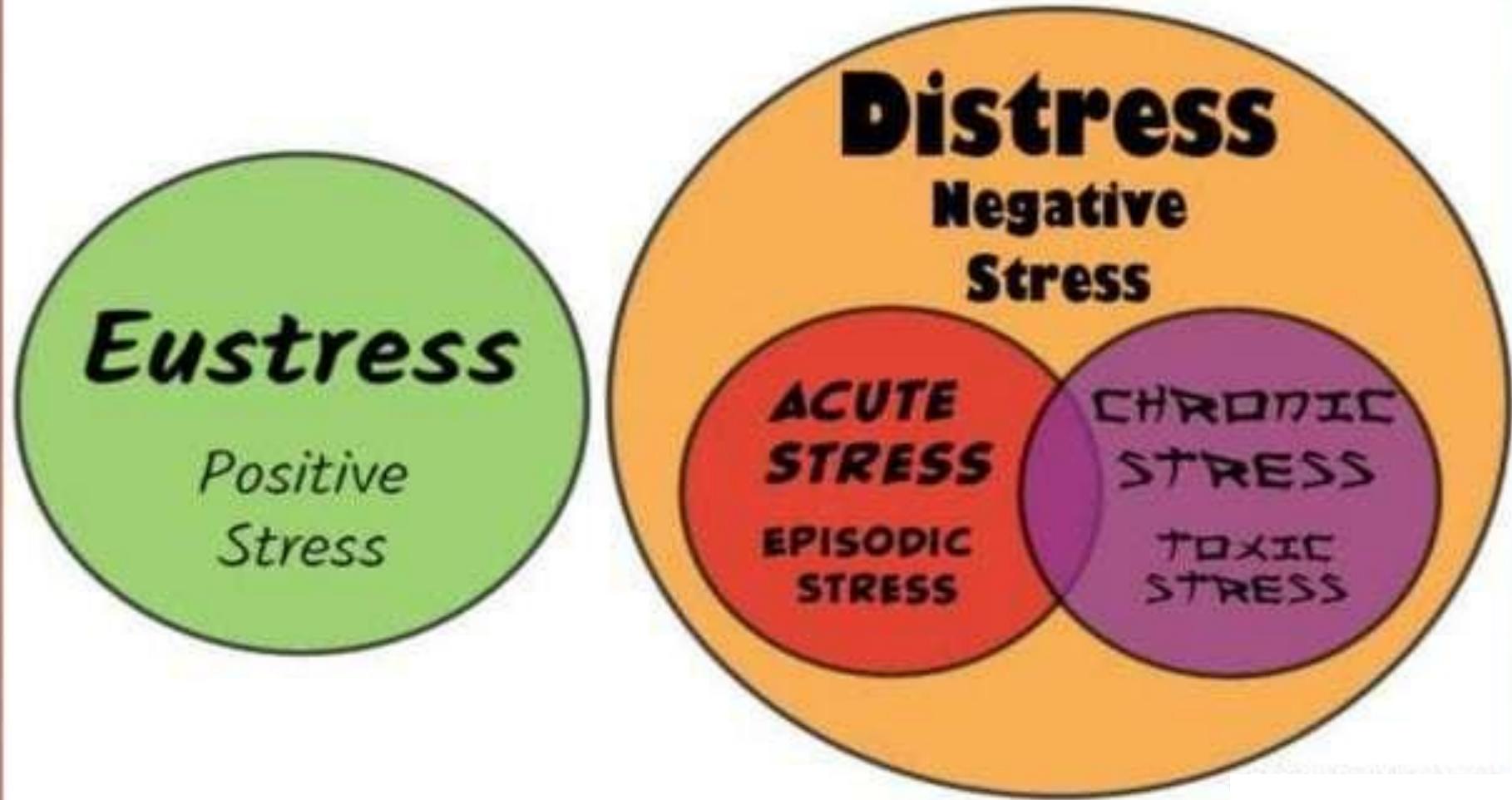
According to Selyle (1956). —Stress is defined as the pressure experienced by a person in response to life demands. These demands are referred to as stressors and include a range of life events, physical factors (e.g.: cold, hunger, hemorrhage, pain), environmental conditions



Stress & its types



Stress and its Type



Stress

Stress - A non-specific response of the body, or the body's reaction to a demanding situation.



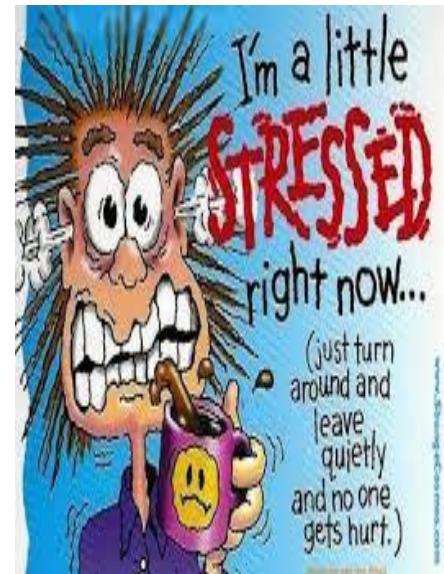
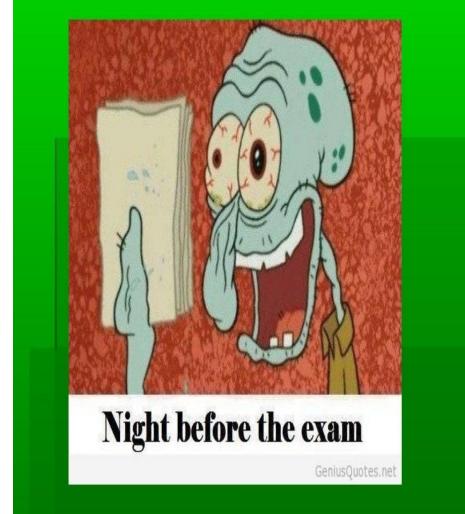
Eustress – Results from something good and we react positive.

Distress – Results from something bad and we react negative.



The Four Types of Stress

- **Eustress:** on the other hand, is fun and exciting. It's known as a positive type of stress that can keep you energized. It's associated with surges of adrenaline, such as when you are skiing or racing to meet a deadline
- **Acute stress:** It is a very short-term type of stress that can be upsetting or traumatic; this is the type of stress that is out of the ordinary, such as a car accident, assault, or natural disaster
- **Episodic acute stress:** stress is acute stress that seems to run rampant and be a way of life, creating a life of ongoing distress; episodic stress can be recurring illness, ongoing domestic violence, child abuse, and living through conflict and war.
- **Chronic stress:** It is what we most often encounter in day-to-day life and seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job.



Identify types of stressors?

Stressors- Physical, Emotional, Social

Stressors are things that cause stress. Almost everything is a stressor depending on the individual.

- Family Relationships
- School / College
- Groups/ Friends
- Discrimination
- Injury
- Sickness
- Fatigue
- Any Major Changes



Physical Stressors

Physical stressors are physical conditions of your body and the environment that affect your physical well-being.

- Thirst
- Hunger
- Lack of Sleep
- Sickness
- Accidents or Catastrophes



Emotional Stressors

Emotional stressors are the stressors that affect your physical and emotional well-being.

- Worry
- Fear
- Grief
- Depression
- Anger



Social Stressors

Social stressors arise from your relationships with other people.

- Family
- Friends
- Teachers
- Employers



Our Body's Design



- Our bodies are uniquely designed to handle stress.
- When presented with a threatening situation it is our most basic survival instinct to either:
 - Engage in a fight
 - Or run for our lives
- This is what is known as the “fight or flight” response



How Do We React?

Our body goes through 3 stages under stress. The first is an **“Alarm Stage”** which is referred to as **Fight or Flight**. This is when the body reacts to the stressor. Anything that causes you to worry or get excited or causes emotional or physical changes can start the alarm reaction.

Fight or Flight is the body’s natural protective technique. We react the same to both positive and negative types of stress.



Alarm Phase

During the alarm phase, **adrenaline** is released. **Adrenaline** is the chemical which gives our body energy to perform physical acts. In an emergency our adrenaline amount rises.



Stage 2 - Resistance

In stage two, the **resistance stage**, the immune system starts to resist or fight the stressor. You feel exasperated and are impatient with trivial matters. You miss your sleep schedules and find your resistance lowering. The normal indications of this level are **exhaustion, weariness, anxiousness**, and being forgetful.



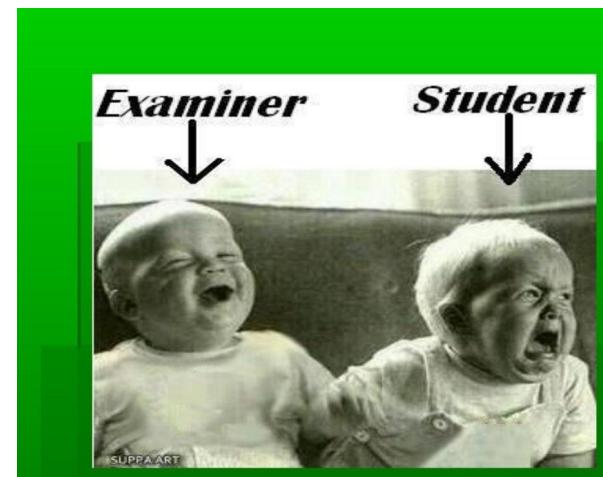
Stage 3 - Exhaustion

In extreme cases our body is unable to handle the stress and it succumbs to the stressor and we call this the **exhaustion phase**. We may become sick or medical treatments may become necessary. If the stressor is too great, as in the case of disease that the body cannot fight, death can occur.



Is All Stress Bad?

- Moderate levels of stress may actually improve performance and efficiency
- Too little stress may result in boredom
- Too much stress may cause an unproductive anxiety level



Stress & Health: *Reason of Stress*



PART TWO



Stress & Health: Reason of Stress

Life Changes

- Any significant alterations to one's circumstances that require readjustment
 - Social Readjustment Rating Scale (**Holmes & Rahe, 1967**)
 - **Death of a spouse** (100)
 - **Divorce** (73)
 - **Jail Term** (63)
 - **Death of a close family member** (63)
 - **Personal injury or illness** (53)
 - **Marriage** (50)

Stress & Health: Reason of Stress

Frustration

- Occurs in any situation in which the pursuit of some goal is thwarted
 - **Insignificant (in terms of stress)**
 - Traffic jam/difficult commute
 - Broken air conditioner
 - **Significant (in terms of stress)**
 - Failure and/or loss



Stress & Health:

Conflict

- Occurs when two (*or more*) incompatible motivations or behavioral impulses compete for expression
 - Approach-Approach Conflict
 - A choice must be made between two attractive goals
 - Avoidance-Avoidance Conflict
 - A choice must be made between two unattractive goals
 - Approach-Avoidance Conflict
 - A choice must be made about whether to pursue a single goal that has both attractive & unattractive aspects
 - Often produce vacillation...

Stress & Health:

Pressure

- Involves expectations or demands that one behave in a certain way
 - Salespeople
 - Professors
 - Stand-up comedians
 - Suburban homeowners
 - Teenagers



How does our body react?

- Allergy flare-ups
- Backaches
- Perspiring
- Shortness of breath
- Hyperventilation
- Irregular Heartbeat
- Tightness in throat or chest
- Extreme fatigue
- Muscle tension
- Trembling
- Muscle spasms



- Acne flare-ups
- Difficulty sleeping
- Headaches
- Neck-aches
- Blurred vision
- Increased blood pressure
- Light-headedness
- Constipation
- Diarrhea
- Upset stomach
- Vomiting

Symptoms Of Stress



Early Symptoms of Stress

Stress is such a common part of everyday life that many people fail to recognize when it begins to adversely affect health. Simply by being self-aware and pinpointing early symptoms, you can often take steps to alleviate stress before it causes more detrimental and hazardous symptoms. Some of these early symptoms are physical, while other are emotional.

Early physical symptoms of stress include
the following

Headaches





Problems with
digestion

Increase blood pressure



Constantly feeling tired or
worn out



Emotional and behavioral symptoms that may indicate the necessity to cope with stress includes the following



A photograph of a woman with dark, wavy hair, wearing a bright blue V-neck top. She is looking directly at the camera with a pained expression, her left hand resting against her forehead. Her eyes are slightly squinted, and her mouth is set in a grimace. The background is plain white.

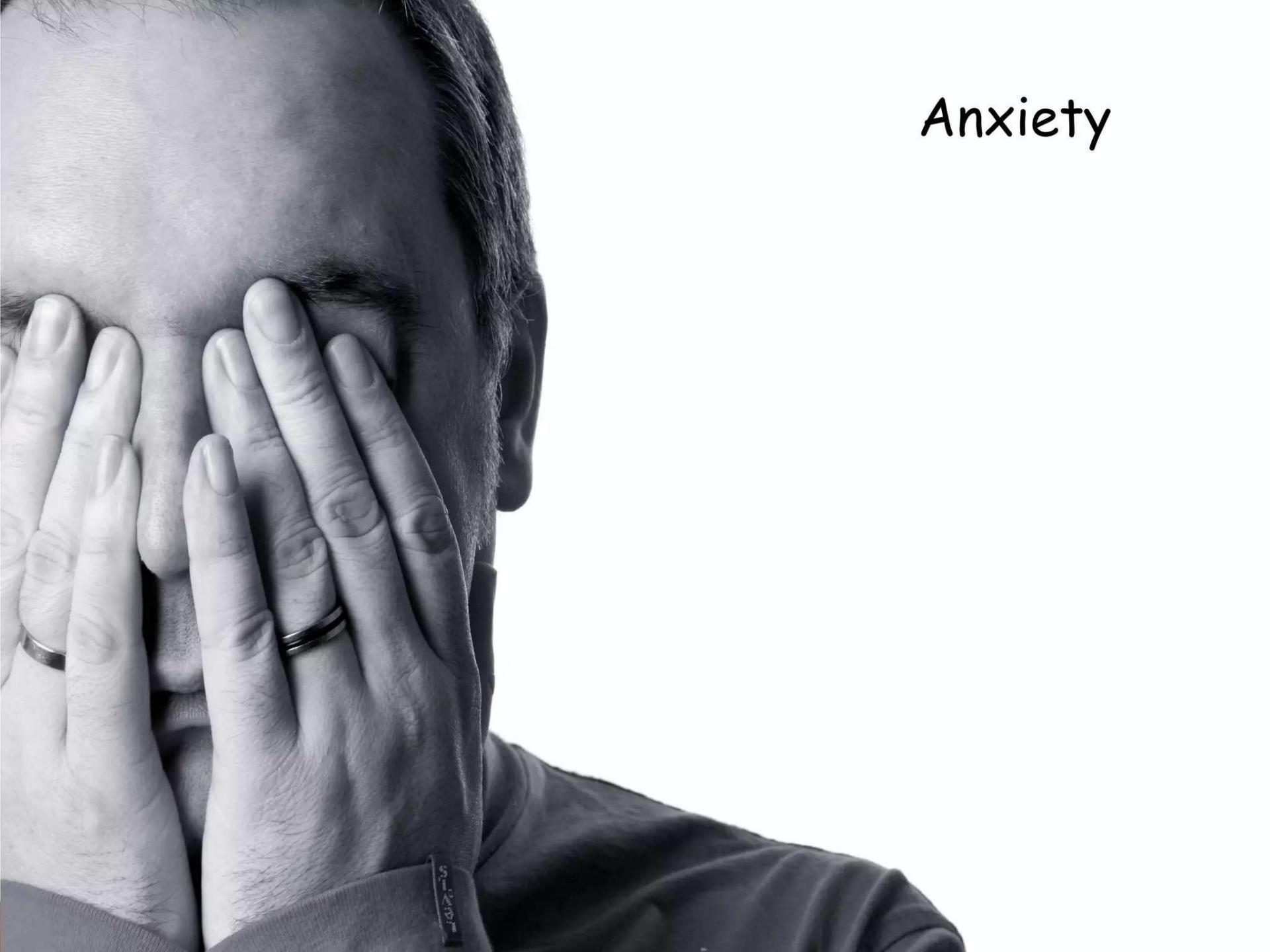
Poor memory

Poor concentration



Pessimistic attitude





Anxiety

Mood swings



Short temper



Altered eating habits



Long-Term Symptoms of Stress

If stress continues long enough without proper management techniques, then symptoms will exacerbate and could lead to more long-term symptoms. Long-term symptoms associated with stress includes the followings

Constant aches and pains





colds and other viruses.



Obesity

Depression

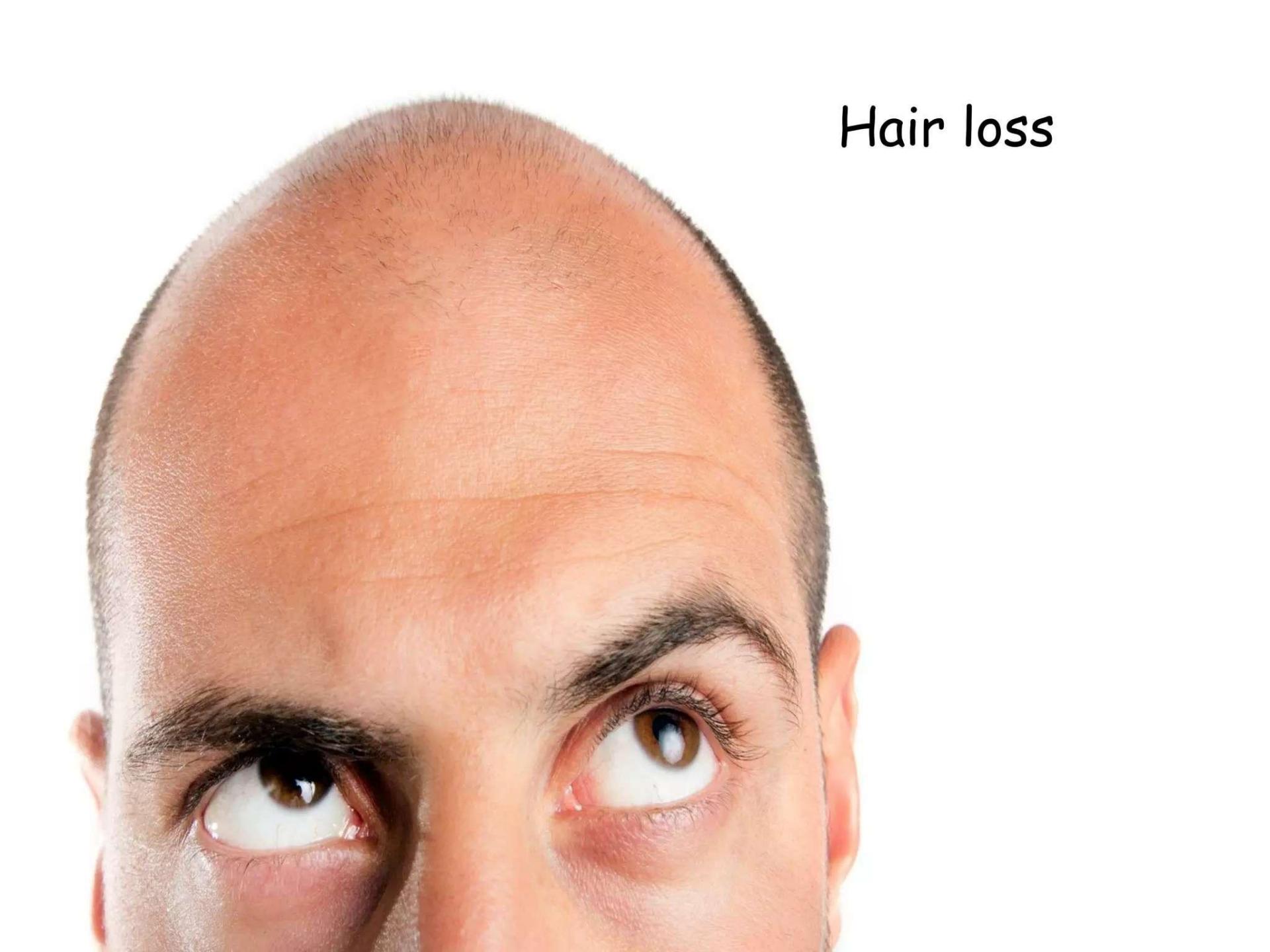


Heart disease



Diabetes



A close-up photograph of a man's face, focusing on his forehead and eyes. He has dark brown hair on the sides and back of his head, but the top half is mostly bald, with only sparse, thinning hair remaining. His eyes are light brown, and he is looking directly at the camera with a neutral expression.

Hair loss



Ulcers

Tooth and gum disease



Emotional Effects of Stress

- Upset or nervous feelings
- Anger
- Anxiety or Fear
- Frequently criticizing others
- Frustration
- Forgetfulness
- Difficulty paying attention
- Difficulty making decisions
- Irritability
- Lack of motivation
- Boredom
- Mild Depression
- Withdrawal
- Change in appetite



Key Vocabulary

Adrenaline is the chemical which gives us energy to perform physical acts. In an emergency our adrenaline amount rises.

Alarm stage is referred to as Fight or Flight and is when the body reacts to the stressor.

Distress is negative stress that can cause mental and/or physical problems and you react negatively.

Emotional stressors can include anger, grief, anxiety, and many other emotions that interfere with your ability to function optimally.

Endorphins are stress reducing chemicals that are released during exercise.

Eustress is positive stress that motivates you to "rise to any challenge" and you react positively.

Key Vocabulary Cont.

Exhaustion stage is when our body is unable to handle the stress and it succumbs to the stressor.

Fight or Flight is the body's natural protective technique.

Physical stressors include things like lack of sleep, overheating or feeling cold, noise, or any natural disaster such as a tornado or forest fire.

Resistance stage is when the immune system starts to resist or fight the stressor.

Social stressors arise from your relationships with other people.

Stress is a nonspecific response of the body to a demanding situation.

Stressors are things that cause stress. Almost everything is a stressor depending on the individual.

Have a nice day!!!

