BUSHRA AWAN

STRESS, HEALTH & COPING

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.
- Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being.



TYPES

- Not all types of stress are harmful or even negative. Some of the different types of stress that you might experience include:
- Acute stress: Acute stress is a very short-term type of stress that can
 either be positive or more distressing; this is the type of stress we most
 often encounter in day-to-day life.
- Chronic stress: Chronic stress is stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job; chronic stress can also stem from traumatic experiences and childhood trauma.
- **Episodic acute stress**: Episodic acute stress is acute stress that seems to run rampant and be a way of life, creating a life of ongoing distress.

What causes stress?

- Can be a variety of things that cause stress.
- There are different models that explain stress.



- Change: life changes or any noticeable alterations in ones living circumstances that require readjustment.
- Pressure Expectations or demands that one behave in a certain way. Workers on commission, comedians to be funny etc.



Frustration Whenever the pursuit of some goal is thwarted

Conflict When two or more incompatible motivations or behavioral impulses compete for expression.

CONFLICT AND ITS APPROACHES

 There are three types approach-approach, avoidance-avoidance, and approach-avoidance.

Approach- Approach

- The least stressful type.
- Being torn between two equally appealing choices that causes conflict.
- For example Choosing between two colleges that both offer you a scholarship.

Avoidance-Avoida nce Conflict

- Forced to choose between two negative alternatives.
- The lesser of two evils.
- Pain vs. surgery

Approach-Avoidance Conflict

- A choice must be made about whether to pursue a single goal that has both attractive and unattractive aspects.
- If you get a great new job but the commute is very long or you have to move.
- Often produces indecision

STRESS AND HEALTH

Diabetes

Hair loss

Heart disease

Hyperthyroidism

Obesity

Sexual dysfunction

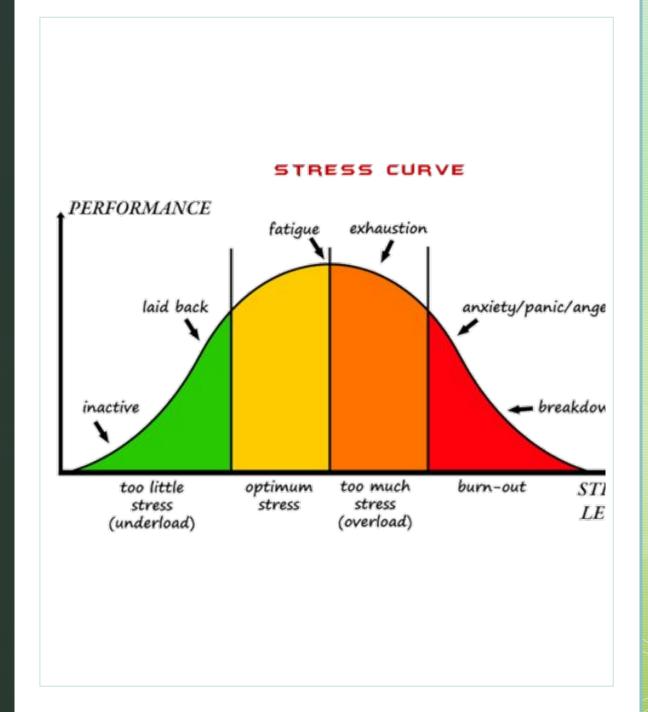
Tooth and gum disease

Ulcers

WHERE ARE YOU ON THE STRESS CURVE?

Performance increases
 with stress but only up to a
 point.

 When the level of stress becomes too high, performance decreases



I AM STRESSED OUT

"DON'T FEAK OUT"

I AM UNDER A LOT OF PRESSURE

I HAVE A LOT OF DEADLINES

MY PALMS ARE SWEATING

I AM FEELING STRESSED

MY HEART IS RACING

DON'T STRESS ME.....

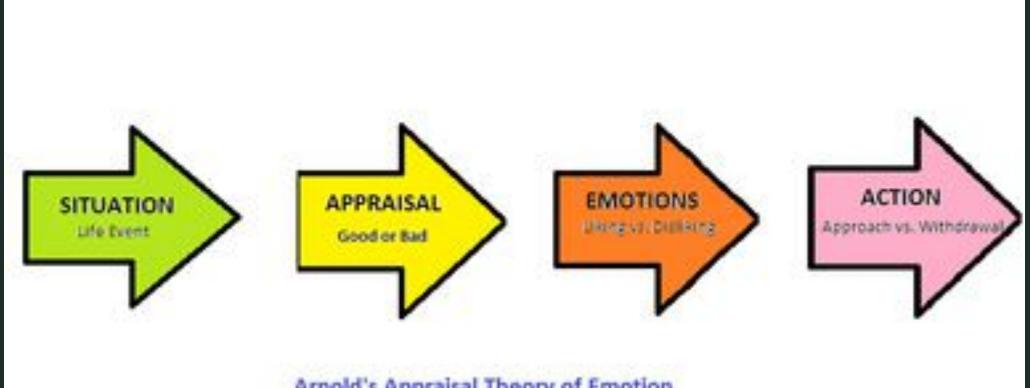


INTERPRETATION OF THE STRESSFUL EVENT IS MORE IMPORTANTTHAN THE EVENT ITSELF.

LAZARUS COGNITIVE APPRAISAL MODEL

- THE FIRST PSYCHOLOGICAL MODEL OF STRESS
- THE INDIVIDUAL'S PERCEPTION OF THE PSYCHOLOGICAL SITUATION IS THE CRITICAL FACTOR.
- HUMANS ENCOUNTER STRESS
 BECAUSE THEY HAVE HIGH LEVEL OF
 COGNITIVE ABILITIES THAT ANIMALS
 LACK.





Arnold's Appraisal Theory of Emotion

- Cognitive appraisal is a mediator between the event and the response
- Cognitive Appraisal: Appraisal of the situation requires mental activity involving judgment, discrimination, and choice of activity, based largely on past experience

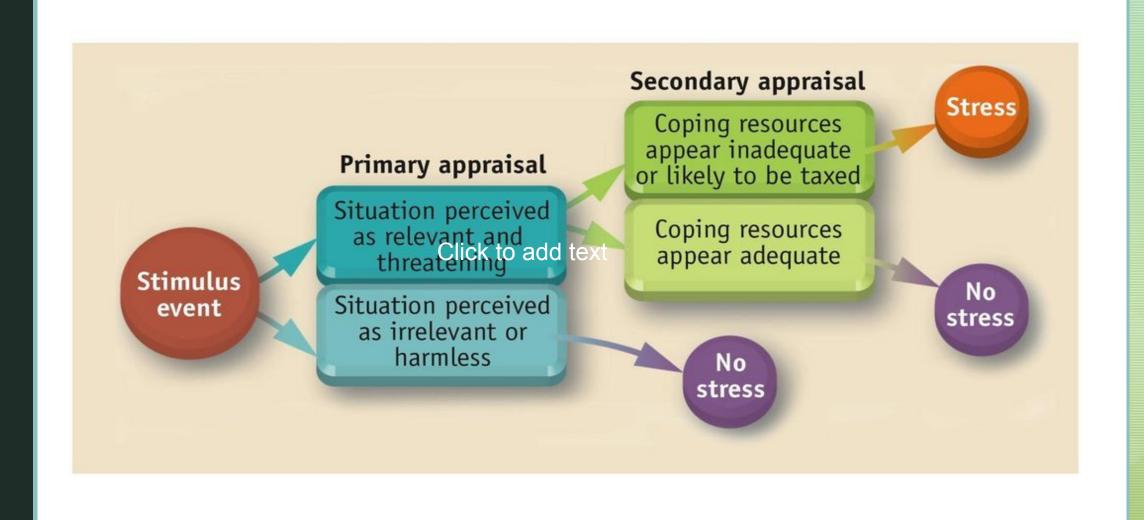
EVENT Cognitive Appraisal RESPONSE

Primary Appraisal

- In the stage of primary appraisal, an individual tends to ask questions like,
- "What does this stressor and/ or situation mean?", and,
- "How can it influence me?"
- According to psychologists, the three typical answers to these questions are:
- 1)"this not important", 2)"this is good", 3) "this is stressful".
- To better understand primary appraisal, suppose a non-stop heavyrain suddenly pours at your place. You might think that the heavy rain is not important, since youdon't have any plans of going somewhere today. Or, you might say that the heavy rain is good, because now you don't have to wake up early and go to school since classes are suspended. Or, you might see the heavy rain as stressful because you have scheduled a group outing with yourfriends. After answering these two questions, the second part of primary cognitive appraisal is toclassify whether the stressor or the situation is a threat, a challenge or a harm-loss. When you see the stressor as a threat, you view it as something that will cause future harm, such as failure inexams or getting fired from job. When you look at it as a challenge, you develop a positive stress response because you expect the stressor to lead you to a higher class ranking, or a better employment. On the other hand, seeing the stressor as a "harm-loss" means that the damage has already been experiences, such as when a person underwent a recent leg amputation, orencountered a car acciden

Secondary Appraisal -

- Unlike in other theories where the stages usually come one after another, the
 secondary appraisal actually happens simultaneously with the primary appraisal. In
 fact, thereare times that secondary appraisal becomes the cause of a primary
 appraisal. Secondaryappraisals involve those feelings related to dealing with the
 stressor or the stress it produces. Uttering statements like,
- "I can do it if I do my best"
- "I will try whether my chances of successare high or not" and
- "If this way fails, I can always try another method"
- indicates positive secondary appraisal.



PERSONALITY TYPES & STRESS

- Stress is up to the individual and there are many factors that contribute to the feelings of stress.
- Some people are more prone than others
- Neurotic
- Anxious
- Unhappy people

PERSONALITY

- The term 'personality' is difficult to define, but a typical definition sees an individual's personality as their characteristic ways of behaving, thinking, feeling, reacting and perceiving the world. Personalities are often seen as relatively stable over time and based on this, psychologists have attempted to classify people into 'personality types'.
- These personality types may then be used to see if certain personality types are more susceptible to becoming stressed and, as a result, more likely to develop stress-related illnesses.



- There are two main groups of 'personality types' when it comes to assessing how susceptible people's personalities are to becoming stressed. These are:
- Type A: According the Friedman and Rosenman, possess three characteristics, (1) competitiveness and achievement striving (2) patience and time urgency (3) hostility and aggressiveness These characteristics are believed to lead to raised blood pressure and raised levels of the stress hormones linked to ill-health, specifically CHD.

■ Type B: In contrast, Type B was proposed as relatively lacking in these characteristics and tend to be more,(1) Patient(2) Relaxed(3) Easy-going These behaviours are believed to decrease an individual's risk of stress-related illness.

- Type A personality Strongly competitive, impatience, anger, and hostility, ambitious, hard working, perfectionists, time conscious. Brief delays easy to irritate and anger.
- Type B personality Relatively relaxed, patient, easygoing, less hurried, less competitive

TYPE A PERSONALITY



More competitive

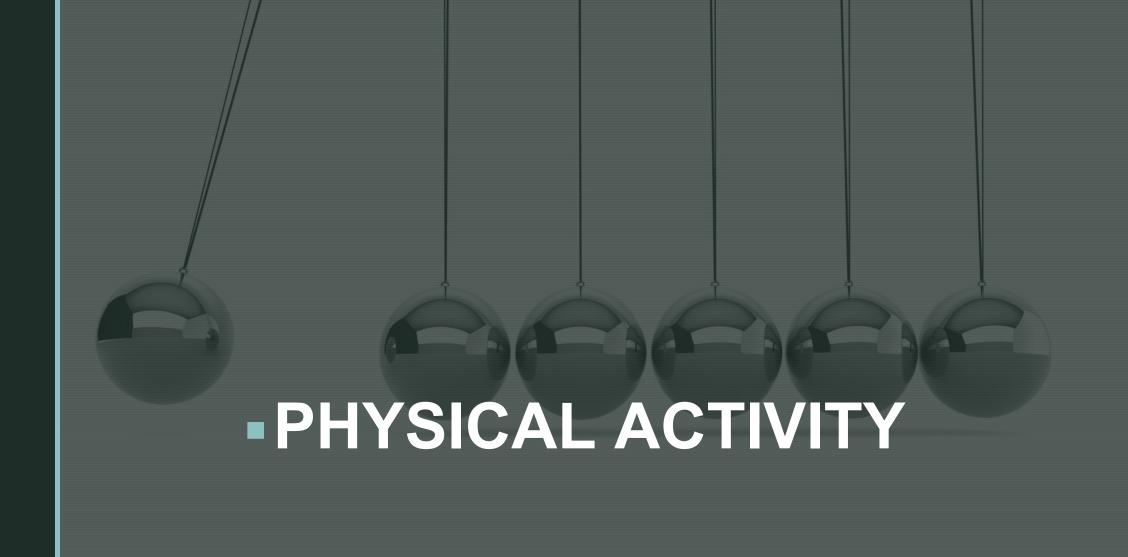
TYPE B PERSONALITY



More relaxed



COPING WITH STRESS



SELF CARE

How do you relax?

• What do you need right now? Where do you get your energy?

- Short term strategies:
- performed anywhere, take little practice, provide immediate relief
- Guided imagery, meditation, progressive muscle relaxation, breathing, walk, take a moment in nature

- Long term strategies:
- Take more time and practice
- Leisure activities, positive self-talk, yoga, gratitude, time management, reframe your thinking, self-compassion



ADJUST EXPECTATIONS



 Set realistic goals for yourself during stressful times

Stress uses up a lot of energy

 Allow yourself to adjust expectations of yourself and others.

ASK FOR HELP

• What are healthy ways to process your emotions?



ANY SUGGESTIONS?