

④) Health & Stress: Chapter # 04 :

↳ Health ? (By W.H.O)

→ A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

↳ Mental Health ?

→ A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

↳ Physical Health ?

→ Physical health is the state of being free from illness or injury. It can cover a wide range of areas including healthy diet, healthy weight, dental health, personal hygiene and sleep.

↳ Stress ?

→ Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure.

↳ Distress ?

→ A feeling of great worry or unhappiness, great mental pain.

↳ Eustress:

→ Eustress is positive stress, that comes from positive challenges or exciting experiences.

↳ Stress coping - Modern Perspective:

- Stress is inevitable.
- Always has a cause.
- We can prevent, control and cope up with stress

↳ Ways to cope up with stress:

- Knowledge.
- Skills.
- Objectives.
- Practice.
- Social support.

↳ Sources of stress:

① Environmental Stress:-

- Heat. • Cold. • Noise. • Pollution. • Traffic.

② Physiological Stress:-

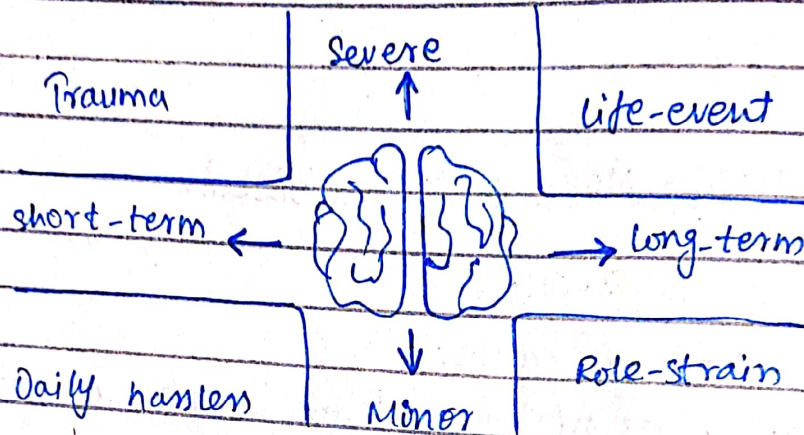
- Lack of sleep. • Illness. • Poor nutrition.

③ Socio-Cultural Stress:-

- Financial problems. • Relationship problems.
- Workload.

④ Cognitive Stress :-

- Attitude.
- Belief.
- Our own thoughts.



↳ Stress Responses :

① Behavioral :-

- Sleep disturbance.
- Aggression.
- Use of drugs.

② Cognitive :-

- Lack of concentration.
- Negative thoughts.
- Poor memory.
- Worrying.

③ Emotional :-

- Anxiety.
- Irritability.
- Crying or suicide.
- Loss of humour.

④ Biochemical :-

- Metabolic rate up.
- Altered hormone level.
- Altered endorphin level.

⑤ Physiological :-

- Higher blood pressure.
- Muscle tension.
- Dry mouth.
- Shallow breathing.
- Dilation of pupils.

↳ Effects OF Stress:

Negative

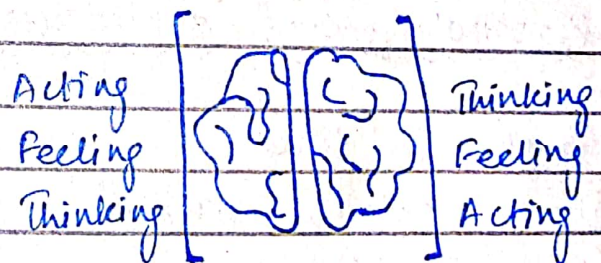
- Unpleasant Emotions.
- Negative thoughts.
- Lack of motivation.
- Consumes mental energy.
- Narrowing attention.
- Preoccupation.
- Interpersonal problems.

Positive

- Source of energy.
- Increase performance.
- Physiological arouses and alertness.
- Prepare the body to meet challenges.

↳ Reaction To Stress:

- Isolation.
- Unhappiness.
- Suicide.
- Fear.
- Anger.
- Negativity.



↳ Why life is complex?

- Different point of views.
- Many people involved.
- Different solution.
- Problem is complex.

↳ Stress coping styles :-

Positive	Negative
<ul style="list-style-type: none"> • Problem solving. • Social support utilizing. • Looking for the silver lining. 	<ul style="list-style-type: none"> • Avoidance. • Self-blame. • Wishful thinking. (5-6)

↳ Behavioral Stress management :-

- Relaxation.
- Yoga.
- Meditation.
- Pray.
- Biofeedback.

↳ Personal coping strategies :-

- Trust in time.
- Don't isolate yourself.
- Think positively.
- Exercise and get a pet.
- Keep sense of humour.

↳ Habits :-

- Enough sleep.
- Proper eating.
- No drugs or alcohol.
- Regular exercise.
- Maintaining normal weight.
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↳ 3'C:- (protection from stress)

- Control :- Self-control
- Commitment :- Stay committed to your-self.
- Challenge :- Take your problems as challenge.

↳ 3'C:- (Stress coping option)

- Change environment:- (flight) "اُٹھ کر اُپس اور چلے جانا."
- Change the environment:- (fight) "وفا کر رہتے ہوئے ماحول تبدیل کرنا."
- Change yourself:- (attitude, belief) "خود کو تبدیل کرنا."

↳ Do Something!

- Cry or laugh.
- Listen to music.
- Draw or paint.
- Keep pets.
- Go to walk.
- Talk to someone.

"There is only one problem, that is the fear of 'unable to cop'."