

# STRESS, ANXIETY, AND DEPRESSION

## Chapter 8.1 and 8.2

### 1. STRESS

- STRESS =

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### 2. STRESS IN YOUR LIFE

- PERCEPTION =

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### 3. WHAT CAUSES STRESS

- STRESSOR =

- 5 GENERAL CATEGORIES

- Biological
- Environmental
- Cognitive
- Personal Behavior
- Life Situation

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### 4. THE BODY'S STRESS RESPONSE

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### 5. THE BODY'S STRESS RESPONSE

- 3 STAGES

- STAGE 1 = ALARM =

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6. THE BODY'S RESPONSE TO STRESS

• STAGE 2 = RESISTANCE

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7. STAGE 3 = FATIGUE

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  - *Fatigue*
- PHYSICAL FATIGUE =
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- PSYCHOLOGICAL FATIGUE
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- PATHOLOGICAL FATIGUE =
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8. IMPORTANT!!!

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9. STRESS AND YOUR HEALTH

- PSYCHOSOMATIC RESPONSE =
  - Psycho =
  - Somatic =
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10. MENTAL/EMOTIONAL AND SOCIAL EFFECTS

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11. CHRONIC STRESS =

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- WAYS TO MANAGE

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12. IDENTIFYING PERSONAL CAUSES OF STRESS

- LIFE EVENTS =
- PHYSICAL STRESSORS =
- DAILY HASSLES =

13. WAYS TO MANAGE STRESS

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14. SELF-MANAGEMENT TECHNIQUES

- STRESS MANAGEMENT SKILLS =
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  - RELAXATION RESPONSE =
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  - EXPRESS YOURSELF –
  - DO NOT LET YOURSELF GET OVERWHELMED – KNOW WHEN TO SAY NO

