

CHAPTER 8

STRESS, ANXIETY, AND DEPRESSION 8.1 & 8.2

STRESS

- STRESS = the reaction of the body and mind to everyday challenges and demands
 - Daily routine
 - Taking an exam
 - Feeling overwhelmed with work/activities (not enough hours in the day)
 - Big game

STRESS IN YOUR LIFE

- PERCEPTION = is the act of becoming aware through the senses.
 - You can manage stress by changing your perception.
- Can have positive or negative effects
 - Some people perform better under pressure
 - Some people lose sleep over stress (worry)
- How you perceive stressful situations is dependent upon past experiences.

WHAT CAUSES STRESS?

- STRESSOR = anything that causes stress
- 5 general categories of stressors
 - Biological = illness, disability, injury
 - Environmental = poverty, pollution, crowding, noise, natural disaster
 - Cognitive (thinking) = how you perceive a situation or how it affects you and the world around you.
 - Personal behavior = negative reactions in the body and mind caused by using tobacco, alcohol, or other drugs or by lack of physical activity (can also be bad choices)
 - Life situation = death of a pet, divorce of parents, death of family member, having trouble in school, fights with peers

THE BODY'S STRESS RESPONSE

- When you perceive a situation as a threat
- Body systems involved:
 - Nervous system
 - Endocrine system
- Response is involuntary or autonomic

THE BODY'S STRESS RESPONSE

- 3 stages
 - Stage 1 = Alarm = body and mind go in high alert.
 - Begins with the hypothalamus – a small area at the base of the brain, receives danger signals from other parts of the brain. Releases a hormone that signals the pituitary gland
 - Pituitary gland secretes a hormone (ACTH)
 - ACTH tells adrenal gland to produce cortisol a stress hormone
 - Adrenal gland secretes adrenaline (the emergency hormone) that prepares the body to respond.
 - Fight or flight response

THE BODY'S RESPONSE TO STRESS

- STAGE 2 = RESISTANCE
 - Your body adapts to the alarm (stage 1) and reacts to the stressor.
 - Your body is briefly able to perform at a higher level of endurance.
 - Choose Fight = your ability to resist a physical challenge or attack may be enhanced
 - Choose Flight = Run faster and further to escape danger
 - This is the stage where you hear of people accomplish incredible feats.

THE BODY'S RESPONSE TO STRESS

- STAGE 3 = FATIGUE =
 - A tired feeling takes over that lowers your level of activity.
 - Your ability to manage stressors is very low.
 - Mind and body = exhausted
 - Physical fatigue = muscles work vigorously and for long periods of time.
 - Soreness and pain
 - Reaction time becomes impaired
 - Psychological fatigue
 - Result from constant worry, depression, boredom, isolation, feeling overwhelmed
 - Pathological fatigue = tiredness brought on by overworking the body's defenses in fighting disease
 - Anemia, flu, poor nutrition, overweight, drugs, alcohol

IMPORTANT!!!

- Prolonged or repeated stress can lead to stress-related illnesses caused by changes that take place during your body in these 3 stages.
 - Sleeplessness, upset stomach, heart burn, head ache,
 - High blood pressure, heart disease, stroke

STRESS AND YOUR HEALTH

- **PSYCHOSOMATIC RESPONSE** = a physical reaction that results from stress rather than from an injury or illness.
 - Psycho = of the mind
 - Somatic = of the body
 - Headache
 - Asthma
 - High blood pressure
 - Weakened immune system

MENTAL/EMOTIONAL AND SOCIAL EFFECTS

- Difficulty concentrating
- Mood swings
- Risk of substance abuse
- Isolation from friends/family

CHRONIC STRESS

- **CHRONIC STRESS** = stress associated with long-term problems that are beyond a person's control
 - Upset stomach
 - Headache
 - Insomnia
 - Change in appetite
 - Can lead to anxiety
- **Ways to manage**
 - Engage in physical activity
 - Look for support among your friends and family
 - Find a hobby or activity
 - Avoid using tobacco, drugs, alcohol

IDENTIFYING PERSONAL CAUSES OF STRESS

- Life events = getting a driver's license, moving, addition of family members, graduation, parent's divorce or separation
- Physical Stressors = pollution, noise, physical injury, lack of rest, drug use, excessive dieting or exercise
- Daily Hassles = time pressures, responsibilities, deadlines, conflicts with peers

WAYS TO MANAGE STRESS

- Plan ahead
 - A flexible map with ways to achieve your goals
- Get adequate sleep
 - 8-9 hours
- Get physical activity
- Eat nutritious food
 - Eat regular meals
 - Limit junk food
 - Limit caffeine
- Avoid tobacco, alcohol, and other drugs

SELF - MANAGEMENT TECHNIQUES

- STRESS MANAGEMENT SKILLS – skills that help an individual handle stress in a healthful, effective way.
 - Redirect your energy
 - Relax and laugh
 - Relaxation response = state of calm that can be reached if one or more relaxation techniques are practiced regularly
 - Keep a positive outlook
 - Seek out support
 - Express yourself – learn positive strategies for expressing needs, wants, feelings