

Week 10

STRESS



Stress

- General adaptation syndrome
 - alarm stage
 - resistance stage
 - exhaustion stage
- Primary and secondary appraisals

Stress

- The immune system
 - detect and identify antigens
 - neutralize and remove them from the body
 - lymphocytes, macrophages, NK cells, interferon
 - immunocompetence

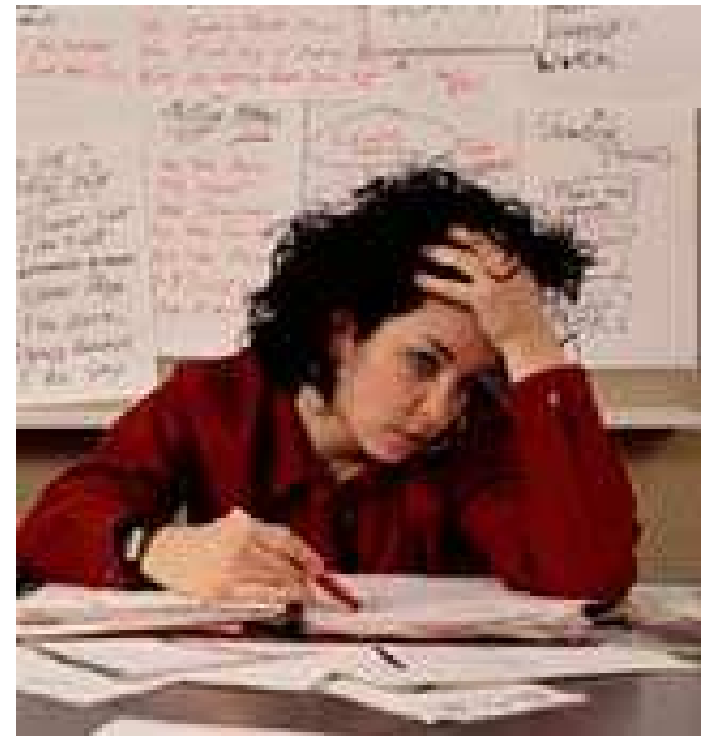
Stress and Life Events

- Social readjustment rating scale (SRRS)
- Chronic stress and daily hassles
- Controllable vs. uncontrollable stress
- Posttraumatic stress disorder (PTSD)



Stress and Individual Differences

- Optimism vs. pessimism
- Stress and illness
 - direct route
 - personality
 - altering behaviour
 - “illness behaviour”



Coping with Stress

- Coping
 - the process of managing internal and external demands that are taxing or even overwhelming
- Problem-directed coping
- Emotion-directed coping

Coping strategies

- Confrontation
 - standing ground and fighting for what you want
 - avoidance may be a maladaptive strategy
 - emotional venting (catharsis)

Coping strategies

- Seek social support
 - turn to others for comfort and advice on how to handle the situation
 - tangible assistance
 - information
 - emotional support



Coping strategies

- Plan problem solving
 - a plan of action to deal with situation
- Self-control
 - “keep your chin up”
- Distancing
 - “I’m not going to let this get to me.”

Coping strategies

- Positive reappraisal
 - “look for a silver lining”
- Accept responsibility
 - acknowledge that you brought the experience on yourself
- Escape/avoidance
 - engage in wishful thinking

Stress Management Training

- Cognitive-behavioural techniques
 - education
 - training
 - practice
- Biofeedback
 - physiological aspects of stress (and pain)

Stress Management Training

- Relaxation techniques
 - progressive relaxation
 - controlled breathing
- Exercise

