

Stress

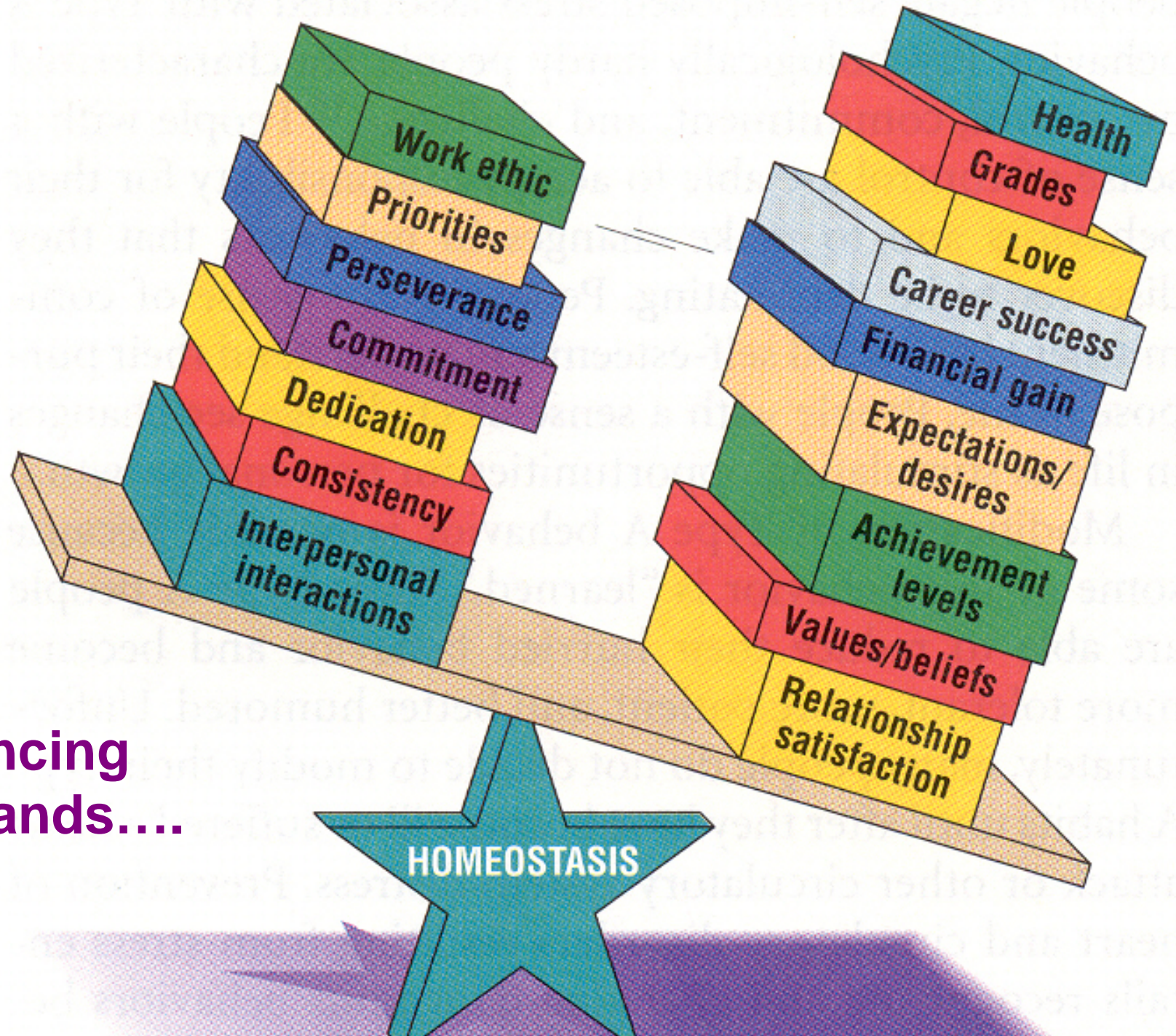
Reactions !!!

# **Stress**

- ▣ **What is Stress?**
- ▣ **How is Stress Related To Disease?**
- ▣ **What Systems of the Body Are Involved in the Stress Response?**
- ▣ **How Can We Effectively Reduce The Stress In Our Lives?**

# **Constant Stress Can Lead to..**

- **Subjective Nervous Tension**
- **Physical Aches and Pain**
- **Higher Risk of Infectious Disease**
- **Worsening Chronic Illness**
- **And Possibly even hasten death.**



**Balancing Demands....**

Stress is the physical, emotional and cognitive impact on a body due to the bodies own built in biochemical(adrenal and pituitary)response to situations that place significant demands on a person and which causes them a reaction of concern.

# What is stress?

- Stress is defined as “the general and emotional state that accompanies stressful events.”
- There are many causes of stress.
- No two people are alike.
  - Either in how they experience stress, or how they respond to stress.

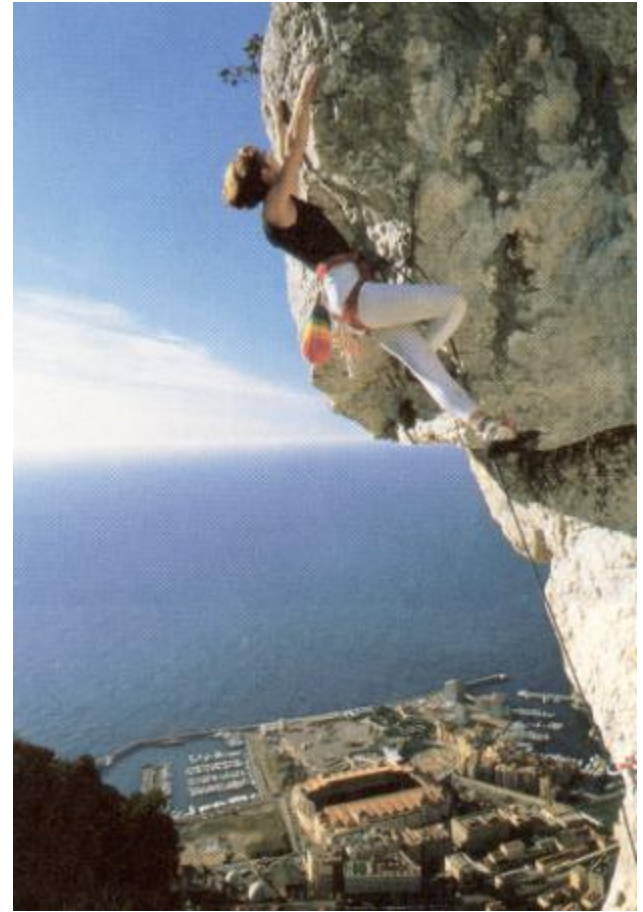
# IN Fact....Two Terms for STRESS and TWO TYPES of STRESS....

**Eustress (good stress) a term coined by Dr. Hans Selye). It is experienced by the person as both pleasant and beneficial**

**This kind of stimulation helps the mind & body function properly**

**Exercise**

**Positive emotional world view and**



**Eustress.....**



**Distress** – is experienced as unpleasant and has negative effects

**rejection**

**failure**

**loss**

**apprehension**

**discrimination**

**persecution**

**ridicule**

**pain**

**helplessness**

**Eustress**

**Distress**



**Physiological  
effects are the same.**

**Emotional component differs**

## **Physical Signs.....**

- 1. Pounding heart**
- 2. Trembling w/ nervous tics**
- 3. Grinding of teeth**
- 4. Dry mouth**
- 5. Excessive perspiration**
- 6. Gastrointestinal problems**
- 7. Ache in neck or lower back**
- 8. Migraine or tension headaches**
- 9. Frequent colds or low grade infections**
- 10. Cold hands & feet**
- 11. Allergy or asthma attacks**

## **Outward Emotional & Behavioral Signs....**

- 1) Irritability, hyper-excitedness, depression**
- 2) Impulsiveness, aggressiveness, emotional instability**
- 3) Urge to cry or to run & hide**
- 4) Inability to concentrate, general disorientation**
- 5) Weakness, dizziness, sense of unreality**
- 6) Fatigue: loss of joy of living**
- 7) Floating Anxiety (fear without an obvious reason)**
- 8) Keyed up feeling**
- 9) Jumpy-(easily startled by small sounds)**
- 10) Nervous high-pitched laughter - (choked speech)**

## **Outward Emotional & Behavioral Signs (2)....**

- 11) Fidgeting**
- 12) Increased smoking**
- 13) Increased use of prescription drugs**
- 14) Alcohol or drug addiction**
- 15) TV addiction**
- 16) Frequent feeling of boredom**
- 17) Sleep disturbances or excessive sleep**
- 18) Speech difficulties (stuttering)**
- 19) Overreacting or underreacting**
- 20) Sexual problems - decreased libido**

# So What Can I do?

Discuss personal ideas and Solutions