

Stress

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stress

Objectives

- (1) Definition of stress.
- (2) Mention examples of stressors in life and everyday activities and their effects on health.
- (3) Stress-coping process.
- (4) Discusses stress management techniques based on environmental adjustment.

Definition of stress

Stress is the anxious or threatened feeling that comes when we interpret or appraise the situation as being more than our psychological resources that can adequately handle.

- **Eustress:** Normal stress is necessary for an active, healthy life, increase mental and physical alertness and can enhance certain abilities .
- **Distress:** if the stress response is excessive or prolonged, it may eventually result in diseases, such as ulcers, et al.

- **Stressors:** Events or situations in our environment that cause stress.
- **Environmental:**
 - Heat, noise, crowding.
- **Physiological:**
 - Drugs, caffeine, tobacco.
- **Emotional (psycho-social):**
 - Pressures, life.

Responding to Stress Emotionally

- **Emotional Responses**

- Annoyance, anger, rage

- Apprehension, anxiety, fear

- Dejection, sadness, grief

- Positive emotions

Responding to Stress Physiologically

- Physiological Responses

- Fight-or-flight response

- General adaptation syndrome (GAS): A theory developed

by **Selye** that suggests that a person's response to a stressor

consists of three stages:

- **Alarm and mobilization,**

- **Resistance,**

- **and Exhaustion**

• The first stage of the GAS is alarm,

• in which the body mobilizes itself for immediate action;

arousal of the sympathetic nervous system releases

hormones that help prepare the body to meet threats or

dangers (Selye, 1976).

• If stress is prolonged, however, the resistance stage begins.

• During this second stage, arousal is lower than during the alarm stage, but our bodies continue to draw on resources at an above-normal rate in order to cope effectively with the stressor.

• But continued exposure to the same stressor or additional stressors drains the body of its resources and.....

- leads to the third stage, exhaustion

During this stage our capacity to resist is depleted, and our susceptibility to illness increases. In severe cases of prolonged physical stress, the result can be death.

Stress management program:

Uses a variety of strategies to reduce our anxiety, fear, and stressful experience, by changing three different aspects:

- **Thought (appraisal),**
- **Behavior,**
- **And physiological responses**

1 - changing thought:

1 use challenge appraisal

2 substitute positive self statement

1- use challenge appraisal

- When you face a stressor, we think with negative emotions; as fear anxiety, and depression. but if we succeed to change our negative emotion into positive , the level of stress will decrease.
- For example, when a students have exam, they think about it negatively, as they will fail, they have no time to study, expecting to do poorly,
- They will experience negative emotions as fear, anxiety, fight or flight response , decrease concentration , decrease sleep.
- This will increase the level of stress & avoid studying.

1- use challenge appraisal:

- In emotion coping strategy; students begin to change their emotions ; they will do their best , prepare themselves, they will experience positive emotions such as excitement, decrease level of stress.
- In problem coping strategy , they will take direct action and make study program

2- substitute positive self statement:

Negative self-statements

"I know I'll do badly."

"I always get so anxious."

"I'm not smart enough."

"I'm never going to learn it."

Positive self-statements

"I know I can do OK."

"I'm going to stay calm."

"I've got plenty of ability."

"I can learn the material."

2- Changing behavior:

Problem solving strategy: We change the behavior by taking action plan, self reward, behavioral modification.

3- Change your goals

If you are faced with an uncontrollable situation, a reasonable strategy is to adopt new goals that are practical in view of the particular situation.

4- Learning to relax:

1- Biofeedback:

Voluntary learning to control physiological response such as **muscle activity, blood pressure, or temperature**, by recording and display these response.

**Audiovisual
feedback**

**Measurement
of selected
physiological
parameters**

**Personal computer
or other device for
analyzing the data**

**Transfer of
measured values**



2- Progressive relaxation:

Progressive relaxation involves practicing tensing
and relaxing the major muscle groups of the
body until you are able to relax any groups of
muscles at will.

3- Meditation

- Meditation (TM) and yoga involve assuming a comfortable position, closing your eyes, and repeating a sound or concentrating on your breathing so that you clear your head of all thoughts, worrisome and otherwise.

Thank you