

Chapter 12

STRESS, HEALTH, & COPING

STRESS AND HEALTH

➔ _____ Psychology

The study of the links between psychological factors and physical health and _____.

Stress



- What is stress?
 - Pattern of responses to something that blocks our access to a goal (stressor)
- Stressors range from _____ to people who talk too slowly
- Stress is normal and natural
 - Without the experience of stress we wouldn't work so hard to get things

⋮

Stressful Life Events

- Life events, positive or negative, to which you believe you must adjust
- _____ events
- Life changes – having to adapt
 - Social _____ Rating Scale
 - Life Change Units
- Chronic stressors
- Daily hassles / Frustrations
- Conflict
- Pressure to _____ or conform

events



بغداد تتعرض للقصف الآن
أبو ظبي



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Catastrophes

- **Up to ___% of adults in U.S. have experienced at least one major _____ (extreme stressor) in their lives...**
 - Examples:
 - serious accident/natural disaster
 - rape or criminal assault
 - combat exposure
 - child sexual or physical abuse and/or severe neglect
 - hostage/imprisonment/ torture
 - sudden unexpected _____ of a loved one

stress disorder

- Psychological disorder occurring in a minority of people who experience a event
 - Rape, war, concentration camp
- Not normal _____.
 - Flashbacks
 - Intense distress
 - Otherwise low levels of emotion

Life _____.

- How many of you have moved in the last year?



- _____, illness in the family

Life _____.



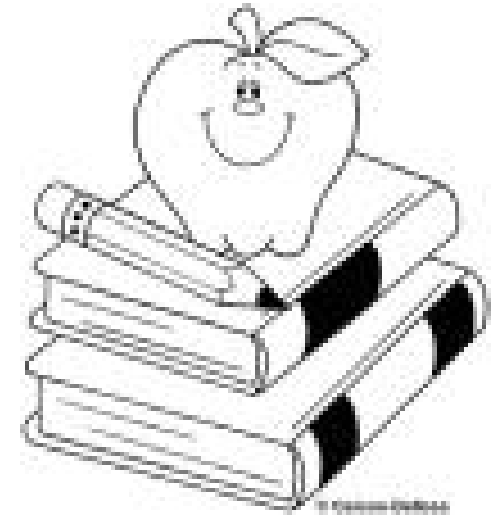
Life Changes

- Include any alteration in one's living circumstance that require _____.
- The Social _____ Rating Scale (SRRS) includes both positive and negative and large and small events
- People with higher scores on the SRRS tend to be more _____ to physical illness

Chronic Stressors



Daily Hassles / Frustrations



Conflict

- Two or more _____ motivations or impulses compete
- _____.
 - Can only chose one of the two
- _____.
 - Don't want to do either
- _____.
 - Chose a goal that has positive and negative aspects

“Mary’s” Story



- Mary achieved one of the first scholarships given to a woman to play on a university water polo team. She moved across the country to begin her studies at a prestigious school. Once there, she took on a large load of challenging pre-med courses (18 hours). It is the middle of the semester. For weeks she has complained of being extremely “stressed out.” She was considering leaving as she doesn’t get along with one of the assistant coaches, but she likes the academic possibilities here. In addition, she was given no parking permit and has to drive around for about a half an hour each morning searching for a place to park. Last week she went to the counseling center in crisis after a violent date rape. Now she is considering dropping out of school.

Mary's Stressors

- **Catastrophic events – _____.**
- **Conflict – doesn't get along with coach; considering leaving**
- **Life _____ – moving, starting college, new athletic team**
- **Chronic stressors – heavy academic work load**
- **Daily hassles/frustration – _____problems**

Stress Responses

- _____ response
- Physical response
- Emotional response
- _____ appraisal



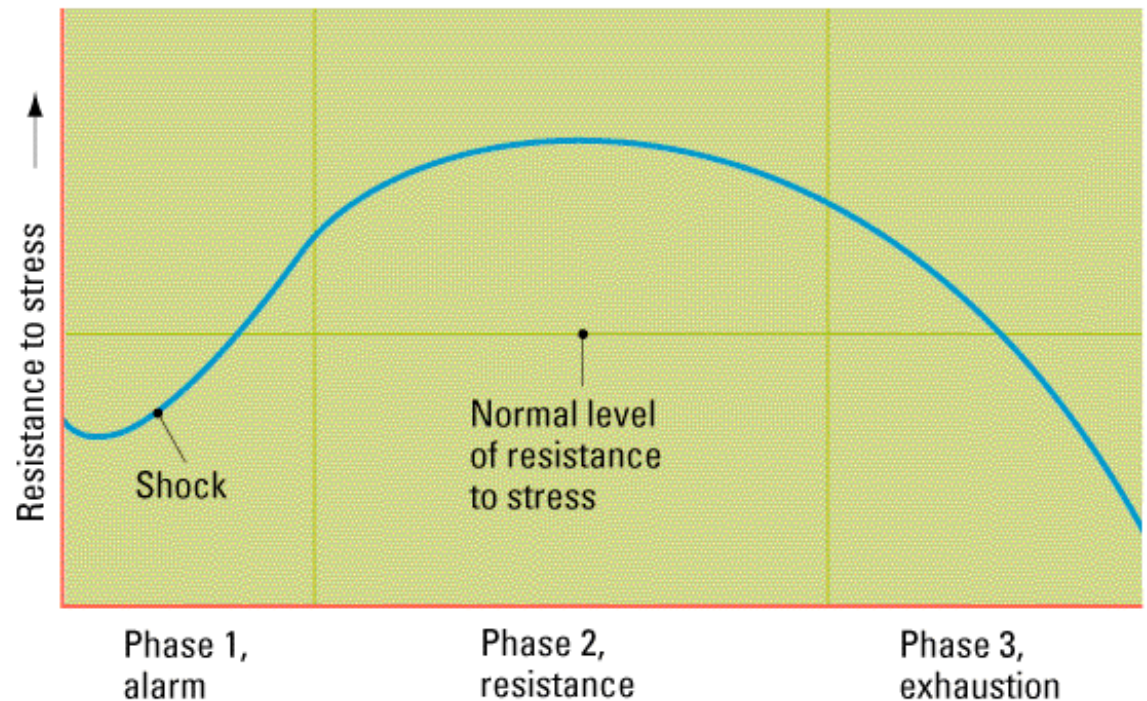
Physiological Stress Response



- _____ activate the autonomic nervous system
 - Heart rate increases; blood pressure rises; breathing deeper and slower; digestion stops; secretion of adrenaline
- Stress can provoke _____ – which impairs performance
- _____ stress raises risk of illness

Physiological Effects of Stress

General Adaptation Syndrome



Phase 1: Alarm _____.

- Alarm _____ caused by a sudden activation of your sympathetic nervous system
- Mobilizes energy in stressful situations
 - So, your body recognizes danger and mobilizes for a "*fight-or-flight*" situation...
 - System is activated but since you are in temporary shock – your resistance drops below normal – usually minor and short-term
 - May show various symptoms of _____ -- headaches, fever, fatigue, sore muscles, shortness of breath, diarrhea, upset stomach, etc.

Alarm Reaction

Increased cholesterol and fatty acids in blood for energy production systems

Decreased protein synthesis; intestinal movement (digestion); immune and allergic response systems

Increased blood pressure

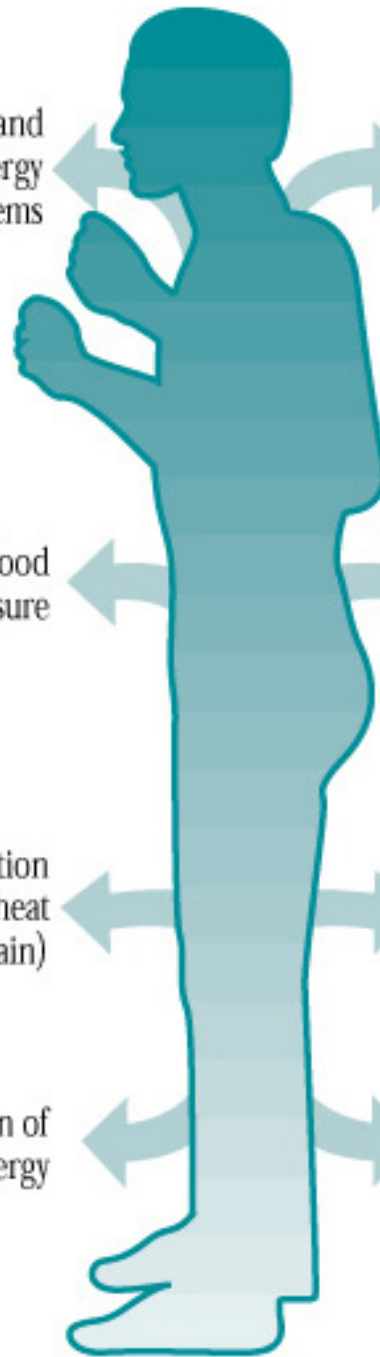
Increased metabolism; e.g., faster heartbeat, faster respiration

Localized inflammation (redness, swelling, heat and pain)

Faster blood clotting

Increased production of blood sugar for energy

Increased stomach acids



Phase 2: _____.

Time to fight the challenge

- Your body responds to the challenge with an outpouring of stress hormones causing your temperature, blood pressure, heart rate, and respiration all remain high
- Everything is in full force to help you cope with the stressors
- As body defenses stabilize, the symptoms of alarm seem to disappear
- The adjustment to stress and the outward appearance of normality are maintained at high cost...
 - During this _____ **stage**, the body is more able to cope with the original stress
 - However, its _____ to any other stress is lowered

Phase 3: _____.

- During this phase, the individual reservoir of resources is becoming _____.
 - The person is especially vulnerable to diseases and in extreme cases collapse and death (immune system is being challenged by the long-term stress)
 - Example: _____.

_____ Stress Response

- Emotional responses: irritability, anxiety, anger, annoyance, rage, grief, fatigue, etc.
- Can interfere with ability to cope with stress
 - Affects _____.
 - _____.
 - Decision making



Now look, I had a bad day and I am not in the mood - okay?

Chronic stress

Appraisal

- Some stress is unavoidably bad

- _____.

- But a lot of stress is

- In the eye of the beholder

- Controllable

- Or at least an illusion of control

He wasn't being rude –
just his way of being
friendly

You don't need his approval
for that anyway

Maybe you can convince
yourself it's his way of
being friendly

Cognitive _____ of stress

- Stage 1: Evaluate the threat
 - Is it really a threat?
 - How bad is it?
- Stage 2: _____resources to combat threat
 - Can I cope with this?
- Highest stress comes from biggest threats for which we have least resources to combat
- People _____in these cognitive appraisals
- And consequently in their long-term stress response

Cognitive Appraisal

- _____ cognitive appraisal makes situation worse
- _____ thinking
 - Recurring intrusive thoughts about stressors
- _____ Thinking
 - Dwelling on possible negative consequences of stressors

Catastrophic Thinking

If I fail the SAT I'm not going to get into college, and I'll end up with some crap job, and I'll have to marry someone who is stupid and ugly and then my kids will be stupid and ugly and my life will just be over...

Dwelling on possible negative consequences of stressor

- **May increase incidence of depression**

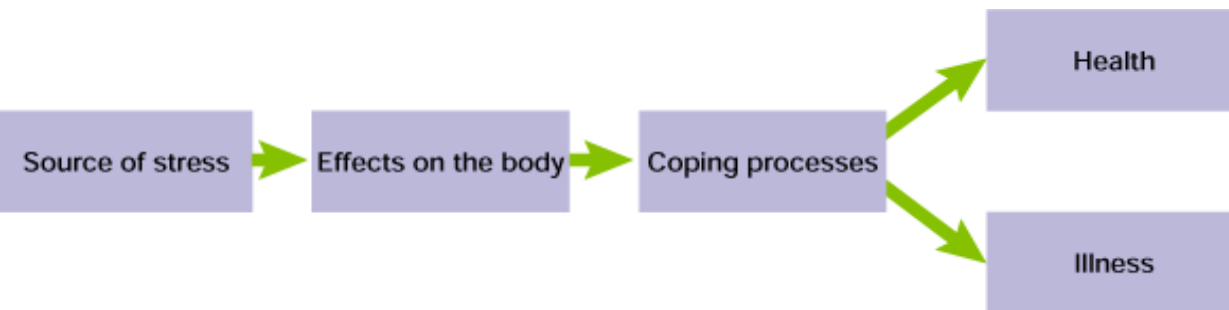


Stress Response

- Changes in expression, voice, etc.
- _____ of stressors
 - Quit job, school
- _____:
 - Take it out on family
- Coping strategies
 - Defensive coping
 - Constructive coping (problem focused)

Stress and Health

Stress and _____.



- _____: An aversive state of arousal triggered by the perception that an event threatens the ability to cope effectively.
- Although stressful events have effects on the body, the way people cope can _____ health or illness.

Personality & Heart Disease

Two Personality Types

- Type _____.
- Has a chronic sense of time urgency
 - Rushed and hurried, this person is always *"on edge"*
- Has quick and abrupt _____.
 - Often interrupting others
- Is very competitive
 - Even in noncompetitive situations
- Is a hard-driving, achievement-oriented, and status-conscious person
- Frequently becomes hostile and _____.

Personality & Heart Disease

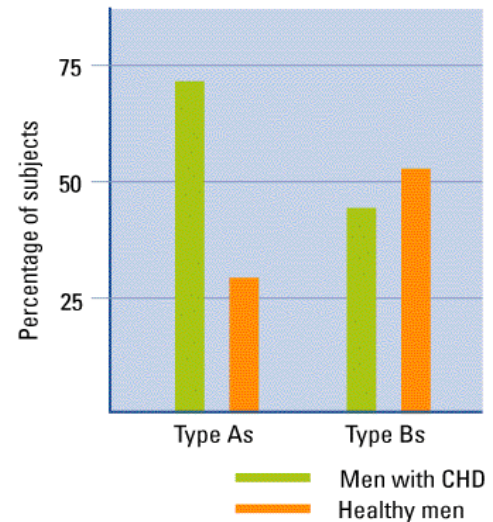
Two Personality Types

- **Type _____.**
- **This person has an _____ lifestyle**
 - Is much more able to sit back and relax
- **Less competitive**
- **More understanding and _____.**
- **Enjoy leisure and weekends more**

Stress and Health

The Physiological Effects of Stress Personality & Coronary Heart Disease

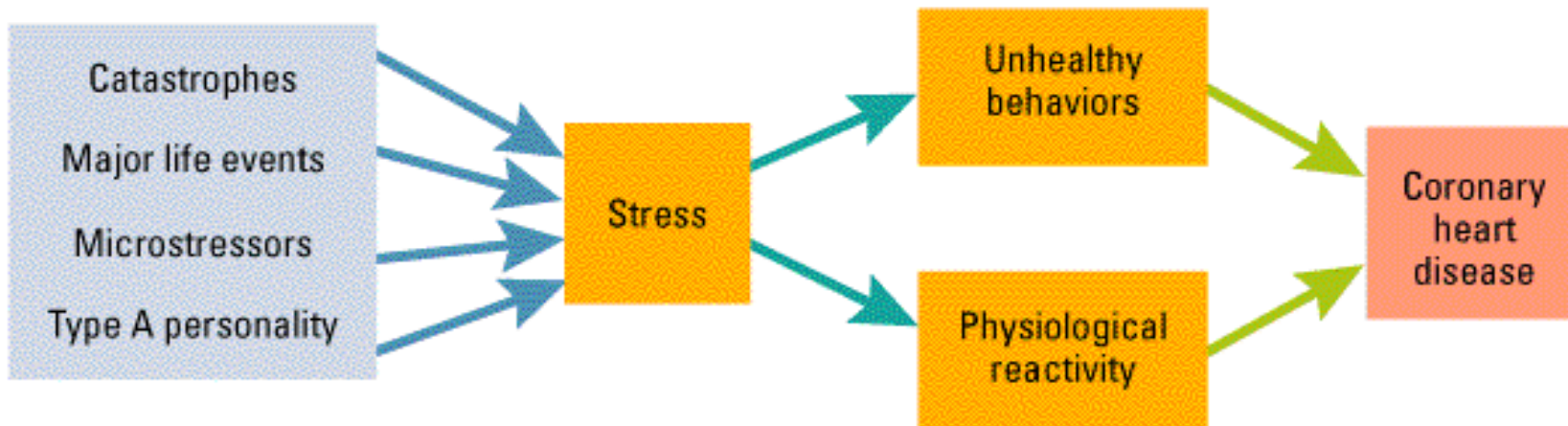
- People with Type A personality are 2-3 times more likely to suffer _____, heart attacks, or sudden death.
- The components of anger and hostility are particularly _____.



Stress and Health

The Physiological Effects of Stress

Pathways From _____ to CHD



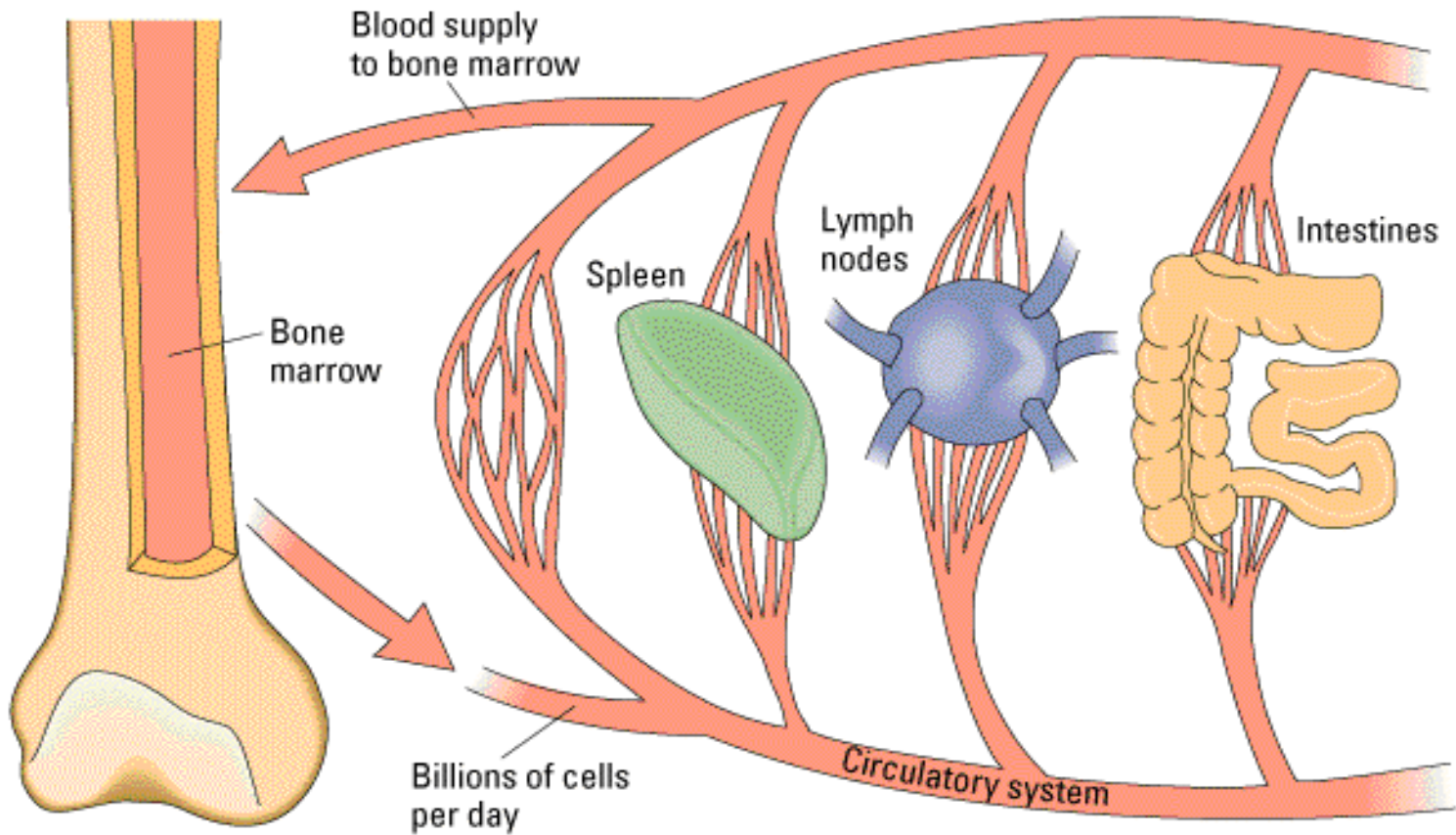
- Under stress, people engage in _____ that are less healthy and more physiologically reactive.
- _____ contribute to coronary heart disease.

_____ and Heart Disease

- _____ disorders: persistent feelings of sadness and despair
- A person's chance of developing heart disease is doubled if the person has _____.
- The emotional dysfunction of depression may actually cause heart disease
 - _____ came before the heart attack

Stress and Health

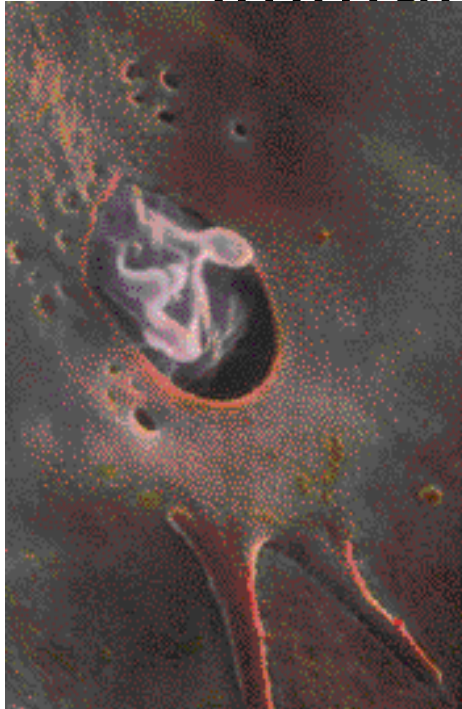
The _____ System



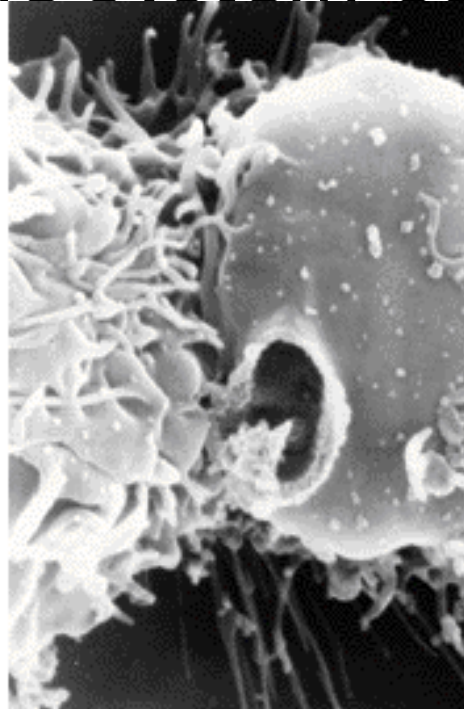
Stress and Health

The Immune System

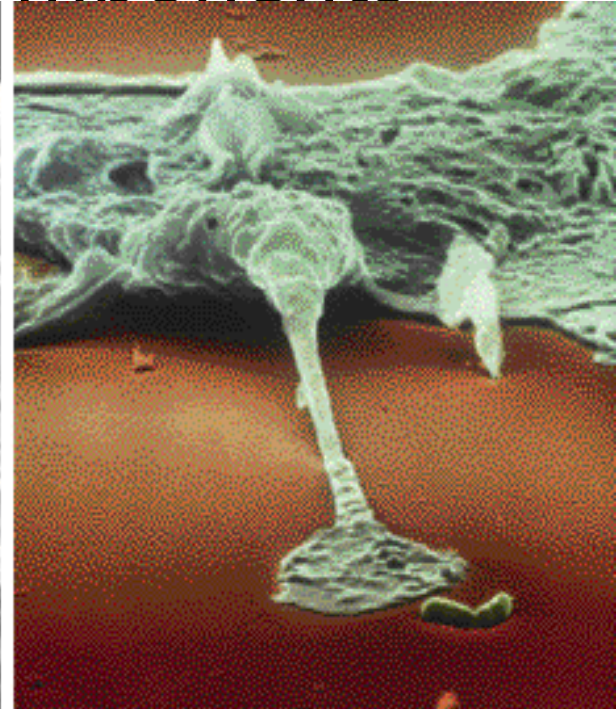
Immune System Components



B cell migrates
to a blood
vessel



Killer T-cell
attacks a tumor
cell

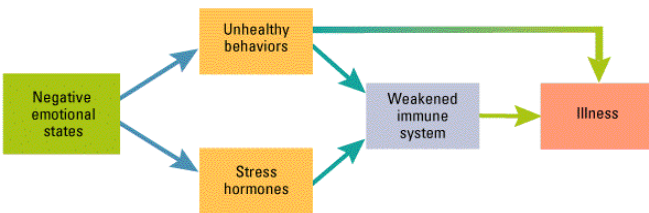


Macrophage traps
and ingests a
bacterium

Stress and Health

The Immune System

Pathways From Stress to Illness



- Negative emotional states (***stress***) can lead to unhealthy behaviors and trigger the release of hormones that suppress immune system activity.

Stress and Health: The Immune System

Duration and Illness

- Volunteers were interviewed about life stressors, then infected with cold virus.
- As length of stress increased, so did the likelihood of catching the cold.
- Stress impairs immune system functioning.



STRESS: COPING STRATEGIES

- Two general types of coping strategies
 - Problem-Focused coping, which is designed to reduce stress by dealing with the problem
 - Emotion-Focused coping, in which one tries to manage the negative emotions
 - Thought Suppression
 - Can be maladaptive
 - Distraction works better
- Relaxation
- Regular Exercise

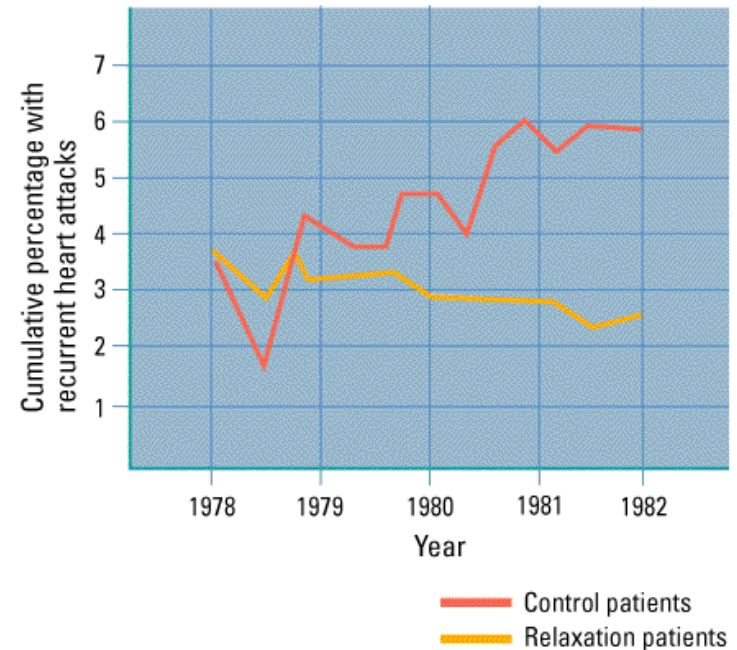
Inappropriate Coping

- Learned _____.
- Frustration-aggression hypothesis
- _____.
- Defensive coping

Stress: Coping Strategies

Relaxation and the Heart

- _____ patients were taught to relax their pace.
 - A control group received standard medical care.
- After three years, relaxation-trained patients suffered % fewer second heart attacks.



Coping With Stress

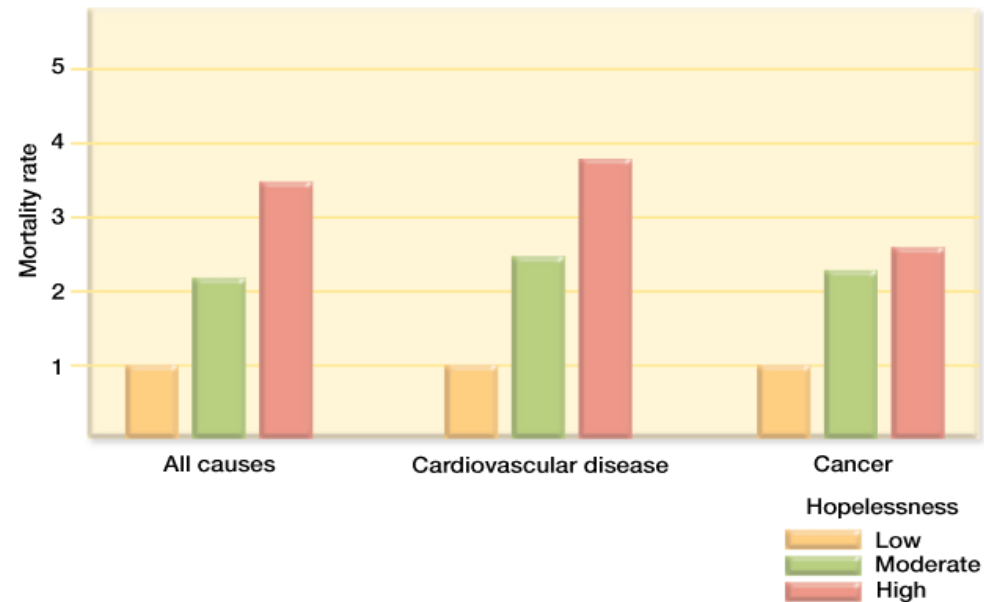
The “Self-Healing Personality”

- _____.
 - It acts as a buffer against _____.
 - It is a personality style characterized by **commitment, challenge, and control.**
 - _____.
 - Sense of purpose in work, family, and life
 - Challenge
 - Openness to new experiences and change
 - Control
 - Belief that one has the power to influence important future outcomes

Coping With Stress

The “Self-Healing Personality” and the Risk of Death

- In Finland, middle-age men were rated for _____.
- Six years later, higher ratings of hopelessness predicted risk of overall death, cancer, and heart attack.



Coping With Stress

_____ Support

- _____ evidence shows that social support has therapeutic effects.
 - Women with breast cancer who joined support groups lived an average of eighteen months longer than women who did not join these groups.
 - Across gender, age, income level, and ethnicity, social support lowers _____ rates.

Coping with _____.

- Everybody's life contains _____.
- Cope by being healthy and making adaptive changes
- Health-impairing behaviors increase stress
 - _____:
 - Poor eating habits
 - Lack of exercise
 - Not seeking treatment for _____problems

Coping and Stress Management

- _____strategy
 - Plan of action for dealing with stress

- _____coping
 - Confront the problem

Change jobs

- _____coping
 - Confront the emotions

Relaxation exercises
Cognitive reappraisal
Social support