**Stress**

Stress - person's perception of their ability to cope with an event or situation

Stressor - stress producing event of situation

**Types of Stress**

*Distress* - Negative stress

*Eustress* - Positive stress

**Sources of Stress**

1. **Frustration** - blocked from obtaining goals
   - Ex. Delays, lack of resources, other people

2. **Daily hassles**
   - Ex. Health hassles, environmental hassles, works hassles, future security

3. **Life Changes**
   - Ex. Moving, illness, divorce, death, work

4. **Job**
   - a. Working conditions
   - b. Overload
   - c. Under load

**Role Ambiguity**

- unclear what is expected

**Role Conflict**

- demand worker to do things they dislike or disapprove of beyond job description

- Responsible for others

**Role Cont.**

- Interpersonal relationships
- Career development
- Lack of participation
- Family/other activities
**Conflict**

**Approach-approach conflict** - 2 attractive alternatives

**Avoidance-avoidance conflict** - 2 unattractive alternatives

**Approach-avoidance conflict** - choice of whether or not to do something when part of the situation is attractive but the other is not

**Double approach-avoidance conflict** - pros/cons
2 choices both with pros/cons (most common)

---

**Conflicts**

- **Approach-Approach Conflict**
- **Avoidance-Avoidance Conflict**
- **Approach-Avoidance Conflict**

---

**Personality Types**

**Type A people**
- Impatient
- Angry
- 2+ things at once
- Competitive

**Type B people**
- More relaxed

---

**Physical Effects of Stress**

1. **General Adaptation Syndrome**
   - Alarm - fight or flight response
   - Ex. Rapid heart beat and breathing

   **Resistance** - Find way to cope and remove stress

   **Exhaustion** - Adrenaline glands maxed out; may develop delusions
   - Ex. Soldier falling asleep during battle

---

**1. Self-efficacy expectations-beliefs people have that they can accomplish goals that they set**

2. Sense of humor

3. Predictability- if you predict stress, easier to cope

4. Social support

5. Perceived control over stress
Physical Effects of Stress Cont.

2. Immune system
   Stress causes body to produce steroids which interferes with antibodies
   Holmes-Rahn scale

Holmes and Rahe Social Readjustment Rating Scale

Undergraduate Stress Questionnaire

- Sample items:
  - Death (family member or friend)
  - It's finals week
  - Found out boy/girlfriend cheated on you
  - Problems with your computer
  - Working while in school
  - Can't finish everything you need to do
  - Parents controlling with money
  - Had a visit from a relative and entertained him/her

Coping with Stress – Approaches

- Problem-focused coping
- Emotion-focused coping

Decay of a spouse 100
2. Divorce 73
3. Mental separation 65
4. Jail term 63
5. Marriage 50
6. Pregnancy 40
7. Change in financial state 38
8. Take out mortgage or loan for major purchase 31
9. Outstanding personal achievement 28
10. Change in residence 20
11. Change in sleeping habits 16
12. Vacation 13

3. Headaches
   Muscle-tension headache - dull, steady pain on both sides of the head also tension and pressure
   Migraines - Sudden onset, severe throbbing pain one side; can last for hours or days
   Symptoms: Nausea, loss of appetite, sensitivity to light
   Auras - Visual distortions or unusual odors before onset

4. Heart disease-
   - Family history
   - Physical conditions (obesity, high cholesterol)
   - Consumption – heavy drinking, smoking, eating
     - Type A people
     - Anger/hostility
     - Job strain
     - Lack of exercise
Problem-focused coping is aimed at controlling or altering the environment that is causing the stress.
> Elimination of the perceived stressor.
> Benefit by experiencing more control over your environment, which may also enhance your self-esteem.
> Most when we feel that we can actually do something about a situation.
> Leads to a more positive health outcome.
> However, when we do not feel that a situation is controllable, we often rely more on emotion-focused coping strategies.

Emotion-focused coping is aimed at controlling your internal, subjective, emotional reactions to stress.
> You either express your emotions or alter the way you feel or think in order to reduce stress.
> Stressors activate a variety of emotions, including anxiety, worry, guilt, shame, jealousy, envy, and anger.
> Because these emotions are usually experienced as unpleasant, we are motivated to release, reduce, or avoid them.

Cognitive Appraisal

- Primary
  - Is this a threat, harm, or challenge?
- Secondary
  - How can I cope or manage this stressor?

Ways of coping
1. Psychological Coping
   A. Cognitive appraisal- interpretation of an event which helps us determine the stress impact
      Ex. Student does well on tests so not worried
   C. Intellectualization- Watches situation from an emotionally detached standpoint
      Ex. See a car accident and don't know the person... oh well.
   D. Cognitive preparation- "work of worrying"

2. Defensive coping
   Substance Abuse
   Aggression
   Withdrawal
   Suicide
   Defense mechanisms

Coping with Stress – Defense Mechanisms

<table>
<thead>
<tr>
<th>MECHANISM</th>
<th>DEFINITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Denial</td>
<td>Refusing to accept or acknowledge the reality of a situation or idea</td>
</tr>
<tr>
<td>Rationalization</td>
<td>Devising a plausible reason or motive to explain one's behavior</td>
</tr>
<tr>
<td>Reaction formation</td>
<td>Engaging in a behavior or attitude that is at the opposite extreme of one's true motive or impulse</td>
</tr>
<tr>
<td>Regression</td>
<td>Returning to an earlier stage of development in one's behavior, thinking, or attitudes</td>
</tr>
<tr>
<td>Sublimation</td>
<td>Directing emotions into an activity that is more constructive and socially acceptable</td>
</tr>
<tr>
<td>Repression</td>
<td>Excluding wishes, impulses, ideas, or memories from consciousness</td>
</tr>
<tr>
<td>Projection</td>
<td>Attributing one's own ideas, feelings, or attitudes to other people</td>
</tr>
<tr>
<td>Displacement</td>
<td>Directing emotions toward a less threatening source</td>
</tr>
</tbody>
</table>

Nov 30-2:36 PM

Feb 8-8:36 AM
Effective Strategies for stress
- Eliminate stressor if possible
- Exercise
- Progressive Muscle Relaxation
- Guided Imagery

https://www.youtube.com/watch?v=86HUcX8ZDIA

https://www.youtube.com/watch?v=suOl-tT1-bI