**Unit 8 Outline f Spring 21**

**Stress, the response and Stressor, the stimulus**

**General Adaptation Syndrome. P 426**

1. **Alarm.**

**HPA axis**

**Fight or flight**

1. **Resistance**

**HPA still operating to maintain apparent normalcy**

**Coping**

**Defense mechanisms**

**Increased drug use (the slippery slope)**

**Respiratory illnesses, OCD, phobia**

**Mishaps**

**NOTE: Most, if not all of us, are somewhat in the resistance stage due to Covid**

1. **Exhaustion**

**HPA is exhausted**

**Severe psychological and physical illnesses**

**STRESSORS**

**General Principles**

1. **+ and – events are stressful. FLASH. COLLEGE LIFE INVENTORY**
2. **Your stress is my pleasure and vice versa**
3. **2nd stressor phenomenon**

**Types of Stressors**

1. **Personal**
2. **Background stressors/daily hassles**
3. **Pressure – internal and external**
4. **Conflict**
5. **Frustration**
6. **Anger**
7. **Ill health .**
8. **Severe/ cataclysmic**

**POST TRAUMATIC STRESS DISORDER**

**Signs**

1. **Hypervigilance**
2. **Emotional insulation**
3. **Persistence or amnesia**
4. **Nightmares**
5. **Flashbacks.**
6. **Suicide**
7. **Job difficulties**
8. **Relationship difficulties**
9. **Isolation/alienation**

**Risk Factors**

1. **Lack of preparation**
2. **Lack of social support/ no debriefing**
3. **2nd stressor phenomenon**
4. **Individual.**
5. **Preexisting psychological disorders**

**Treatment**

1. **Group Therapy**
2. **Individual Therapy**
3. **Simulation; exposure**
4. **Dogs**

**9.Burnout. Treatment: 1. take a break. 2. develop outside interests**

**Personality and Stress**

1. **Psychoanalysis**
2. **Learned helplessness**
3. **Types A, B, D p 434**
4. **Hardy personality. Commitment, challenge, control**
5. **Resilience, optimism**

**SES**

**Gender**

1. **Stress management. Female: talk to friends**

**Male: fight or flight**

1. **Woman report more stress. A real difference ore gender role?**

**Coping**

1. **Reducing or eliminating stressors**
2. **Take direct action**
3. **Ask for help**
4. **Prioritize**
5. **Reducing or eliminating stress**

**Avoidant coping**

1. **Wishful thinking**
2. **Drugs**
3. **Denial**

**Effective coping**

1. **“looking at the bright side”. DEFENSE MECHANISM???**
2. **Turn threat to challenge**
3. **SOCIAL SUPPORT**
4. **Stress inoculation**
5. **Biofeedback. Pp 81,82**
6. **Hypnosis**
7. **Meditation**
8. **Psychotherapy**

**YOUR STRESS REDUCERS???**