



### Sources of Stress

1. Life Events
2. Hassles
3. Traumatic Events

### Nature of Stress

1. Eustress
2. Distress

### Types of Stress

1. Physical & Environmental Stress
2. Psychological Stress
  - a. Frustration
  - b. Conflicts
  - c. Internal Pressures
  - d. Social Pressures
3. Social Stress

### Psychological Meaning of Stress

#### Cause

External or Internal Stressor

#### Internal State

Biological & psychological reaction leading to stress experience (Coping, defence)

#### Result (Stress Reaction)

Challenge to be overcome or illness / strain

### A General Model of the Stress Process

#### Stressors

##### Types

Environmental  
Psychological  
Social

##### Dimensions

Intensity  
Duration  
Complexity  
Predictability

#### Person Characteristics

##### Physiological

Physical Health  
Constitutional Vulnerabilities

##### Psychological

Mental Health  
Temperament  
Self-Concept

##### Cultural

Cultural Definitions & Meanings  
Expected Response Style

#### Resources

##### Physical

Money  
Medical Care, etc.

##### Personal

Skills  
Coping Style

##### Social

Support Networks  
Professional Help

#### Stress Appraisal

#### Physiological response

#### Behavioural response

Fight or Flight

#### Emotional response

Fear, Anxiety, Embarrassment, Anger, Depression or even Denial

#### Cognitive response

Beliefs about harm or threat

#### Hypothalamus

#### Autonomic Nervous System

Catecholamines  
(Epinephrine & Norepinephrine)

#### Pituitary Gland

Corticosteroid  
(Cortisol)

### 1 Nature, Types & Sources of Stress

Meeting Life Challenges

### 4 Promoting Positive Health & well being

#### Stress Resistant Personality (Kobasa)

1. Commitment
2. Control
3. Challenge

#### Life Skills

1. Assertiveness
2. Time Management
3. Rational Thinking
4. Improving Relationships
5. Self-Care
6. Overcoming Unhelpful Habits
7. Diet
8. Exercise
9. Positive Attitude
10. Positive Thinking
11. Social support

### 2 Effects of Stress on Psychological Functioning & Health

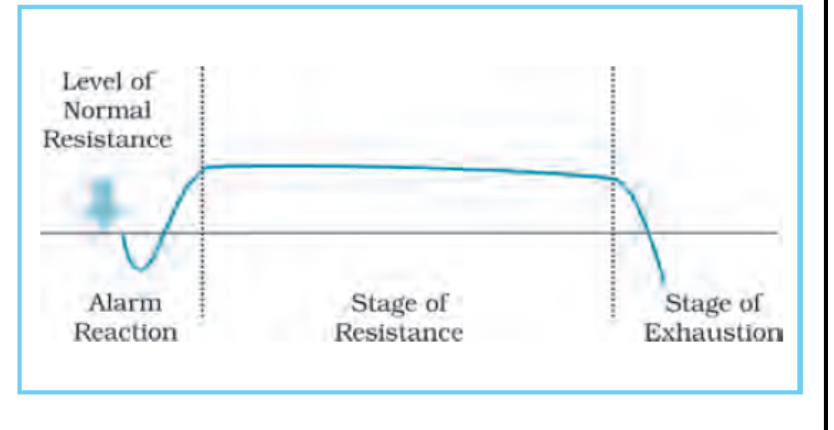
1. Emotional Effects
2. Physiological Effects
  - a. Adrenaline
  - b. Cortisol
3. Cognitive Effects
4. Behavioural Effects

### Stress & Health

Burnout

### Lifestyle

### General Adaptation Syndrome



### Stress & Immune System

1. Psychoneuroimmunology
2. White blood cells (leucocytes)
  - a. T-cells
  - b. B cells
  - c. Natural killers
3. Antigens
4. Antibodies

