

(11) Stress - C

① Stress: Physical + emotional + cognitive + behavioral → responses to events appraised as threaten-
-ing or challenging

↓
causes anxiety, depression, fear, irritability, anger & frustration. (loss of humour)

- Stressors: stress causing event → can be internal external [death | more | imitation].

↓
distress
(unpleasant)

↓
eustress
(+ve events)

adopt
change

} ex: marriage
Having baby
job promotion.

° A little anxiety helps as it causes motivation.

what differs? { intensity of anxiety + person interpreting it }

② Models: < Cognitive factor [Lazarus's Cognitive Appraisal] > < 2 step >

Primary Appraisal

Secondary Appraisal

severity | threat? | challenge? | opportunity

-ve
emotions

↓
+ve

↓
+ve emotions

• Assessing a threat, estimating

Resources available to cope stressor

→ Reading for exam (classification)

Social support + money + time +

energy + ability

If sufficient (less stress)

else
more stress

example: job firing

wanted to relax

lost everything
approach

What can cause stress

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Catastrophes: - unpredictable large scale event causing tremendous stress. - Mumbai terrorist killing.

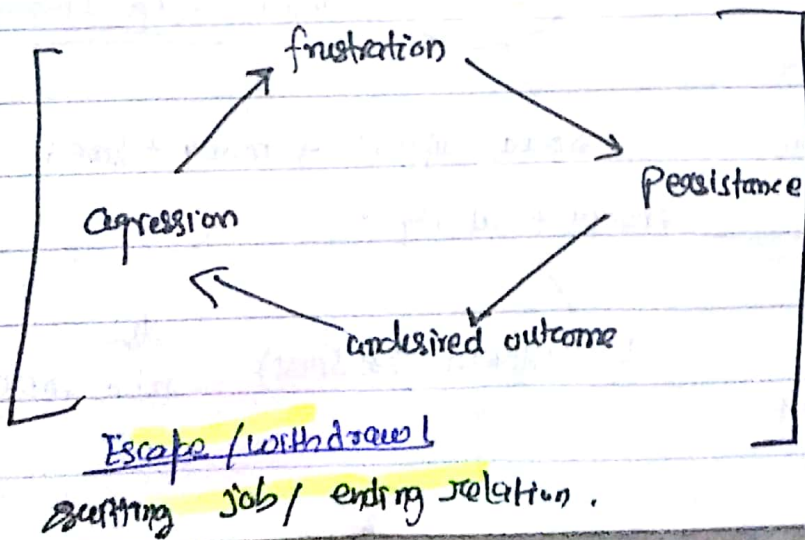
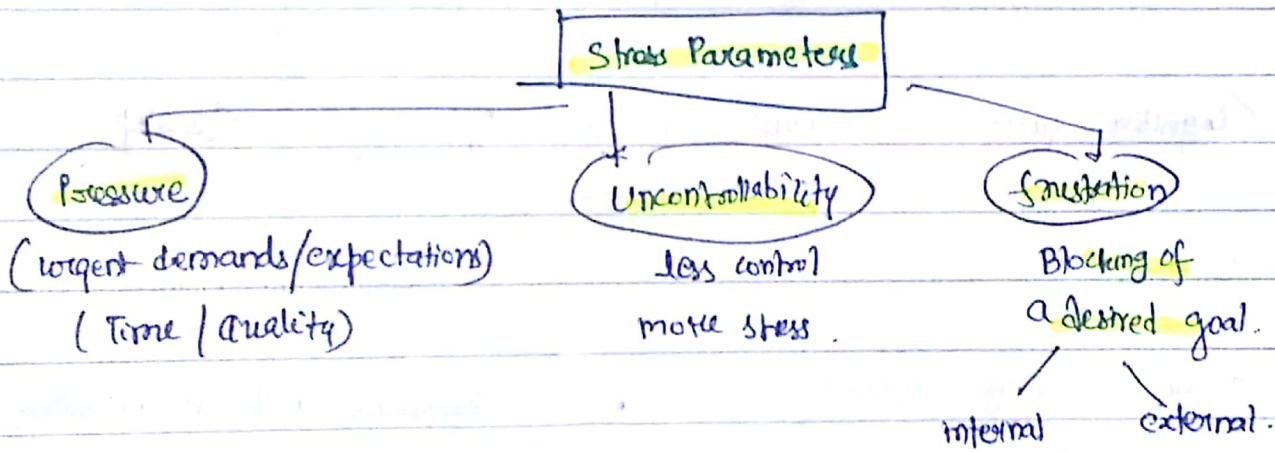
PTSD: - women / small children / old people.

Major life challenges: job loss.

Social Readjustment Rating Scale (SRRS): - different events - different scores
 Cumulative score > 300, → can cause major depression.

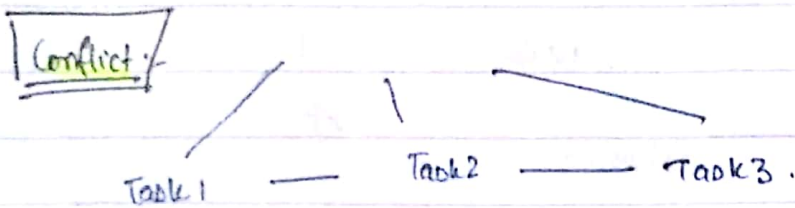
CUSS (college undergraduate stress scale): similar to SRRS.

Hassles: irritation / delays / frustrations / annoyances.
 (change with age group)



Displaced Aggression
 • Psychological defence mechanism.
 ex: child abuse after work - scapegoats

suicide (if frustration continues) → permanent escape

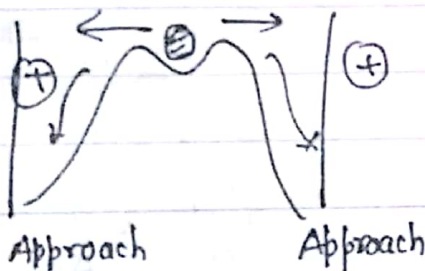


multiple goals but can achieve only 1

Conflict Types

Approach - Approach

- ✓ 2 or more both attractive
- ✓ both desirable
- ✓ win-win both



Avoidance - Avoidance

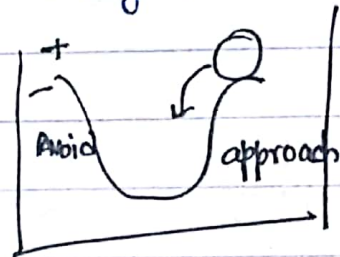
- ✓ both unpleasant
- ✓ between devil and deep blue sea
- ✓ risky back surgery or pain



Approach - Avoidance

- ✓ both +ve & -ve aspects
- ✓ appealing & unappealing at same time

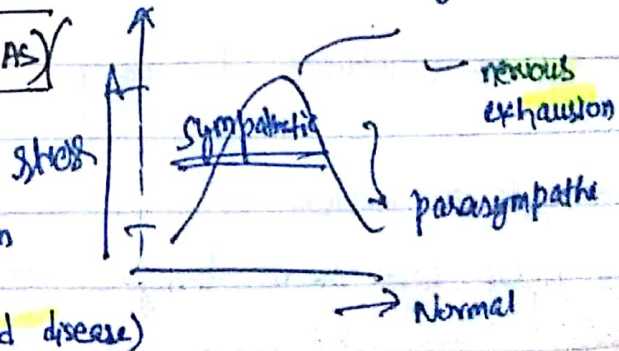
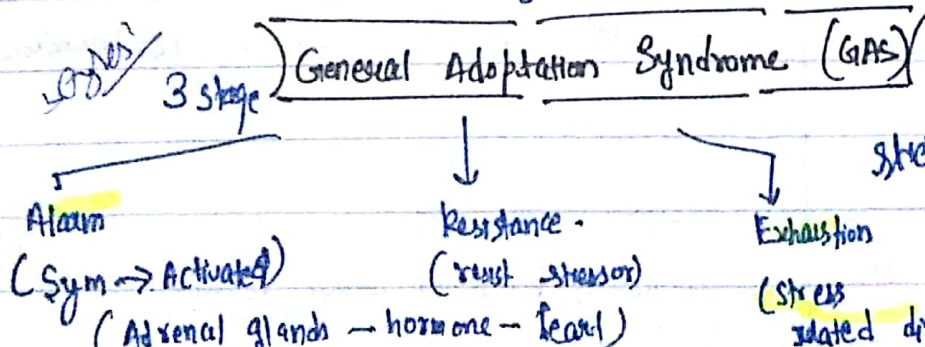
✓ Marriage, promotion.

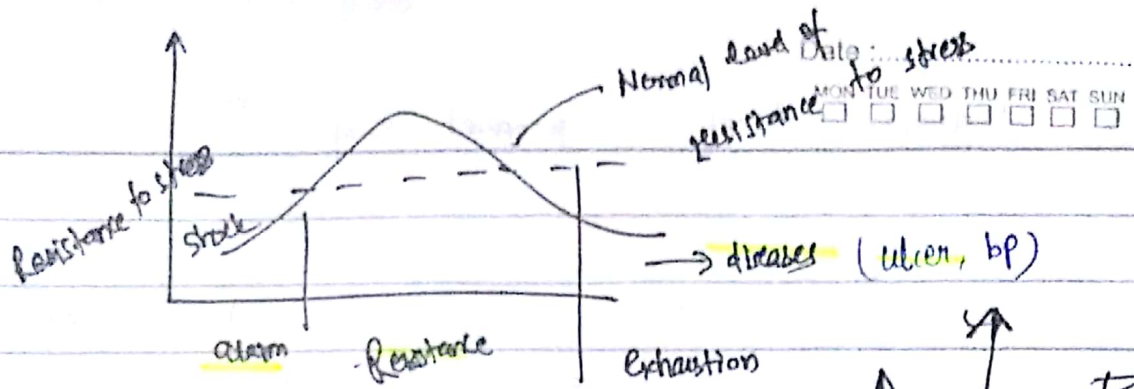


Reactions to stress

✓ Sympathetic (fight or flight system) reacts to stress

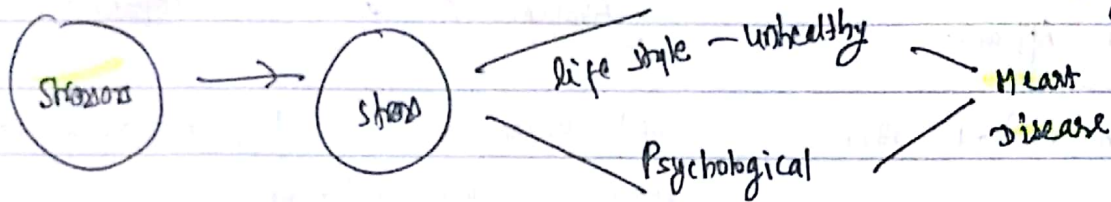
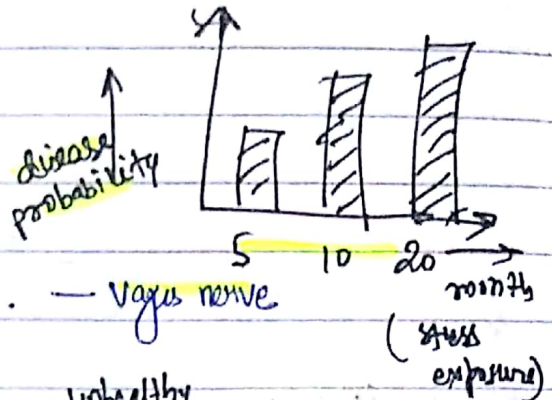
when stress ends parasympathetic returns body to normal functioning.





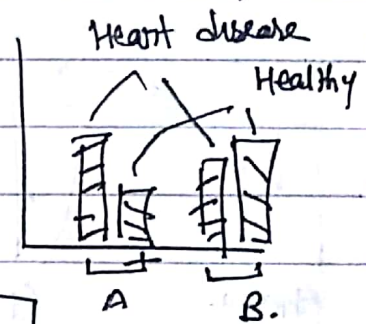
Immune System & stress

- Priming of Immune system. - Vagus nerve



stress & Personality

- cheerful, easygoing, relaxed people outlive



Type A [me]

Type B [saakshi]

- ✓ workaholics, competitive, ambitious, hate to waste time, easily annoyed
- ✓ multi-taskers
- ✓ successful but unsatisfied
- ✓ difficult to relax & do nothing
- ✓ work on weekend
- ✓ upset over small thing

- not competitive, easy going
- slow to anger
- more relaxed & at peace
- will read book (fun) on beach weekend

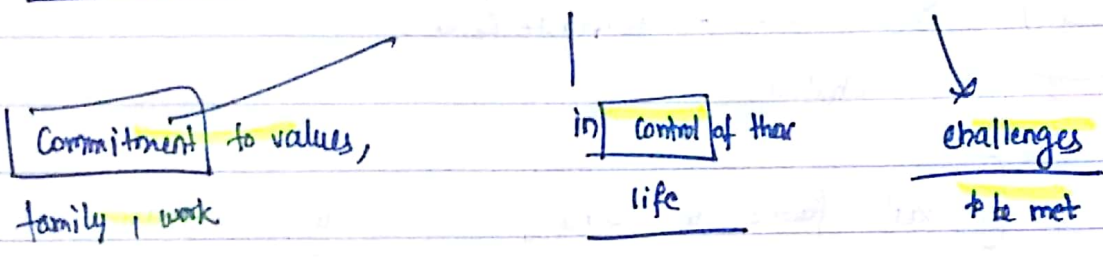
Hostility → Primary cause of Heart Disease

Type C:- very pleasant, try to keep peace
 - difficult to express emotions (-ve one)

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- internalize anger, often lonely, experience sense of despair.
 - more at risk (-ve emotions)

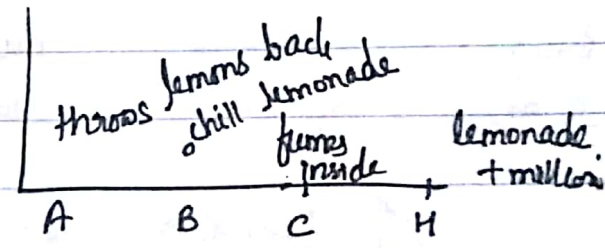
Hardy Personality : A - Anger rather enjoy (throw on stress) (Type H)



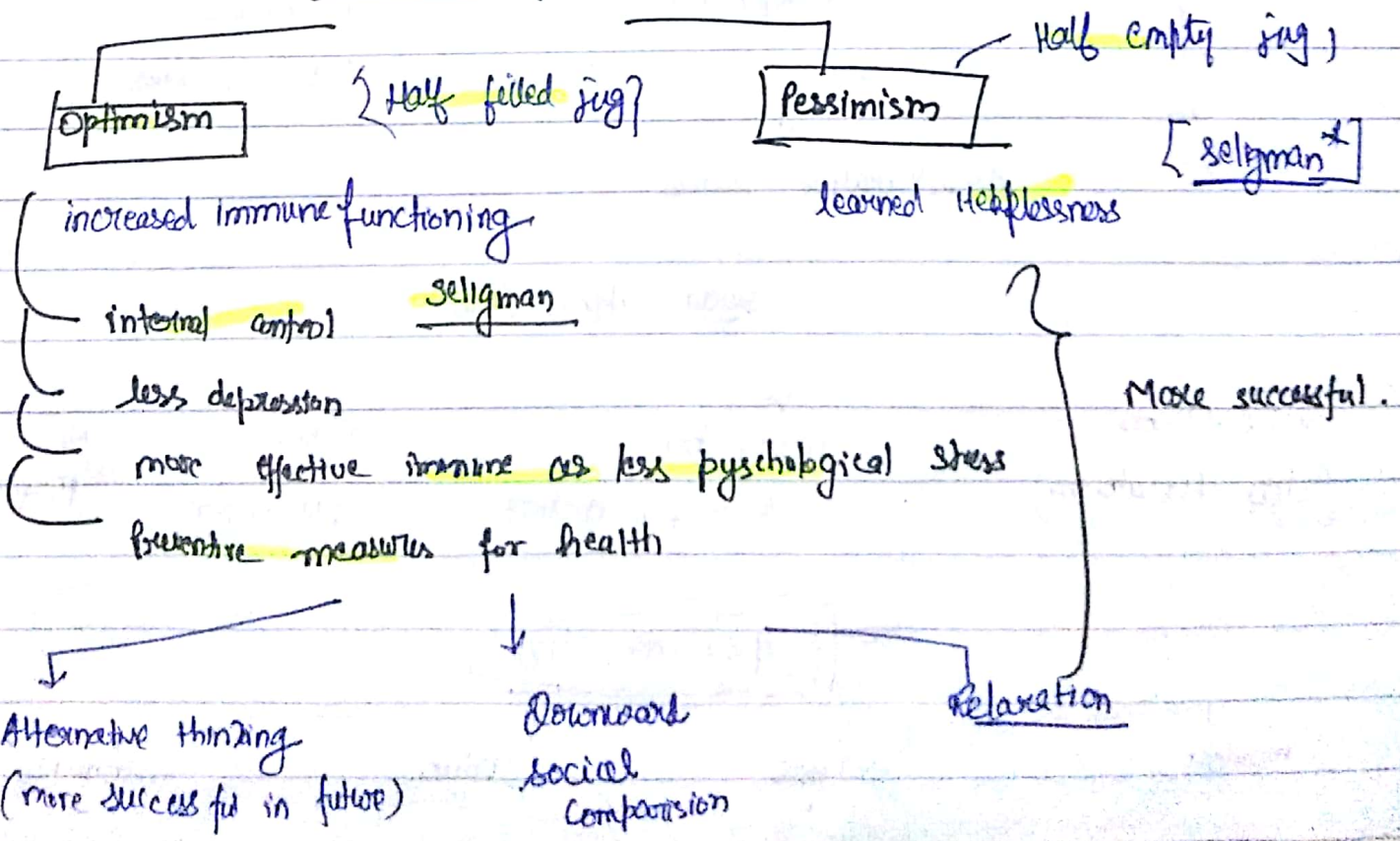
(if you hate work)

(uncontrollability)

The Lemonade & Lemon example :-

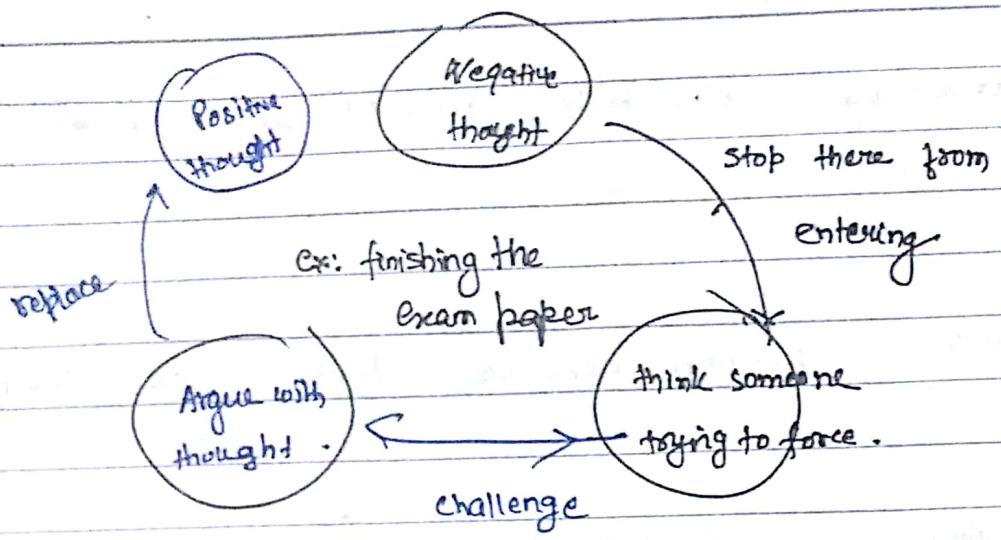


Another classification



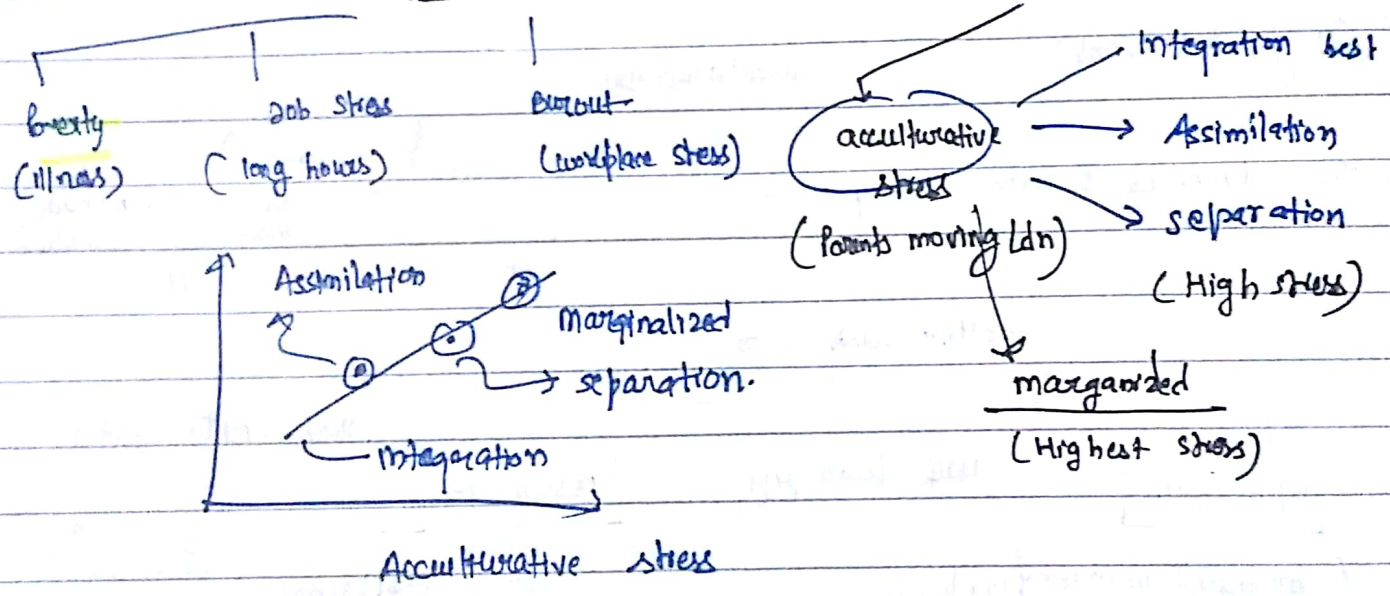
How to become optimist

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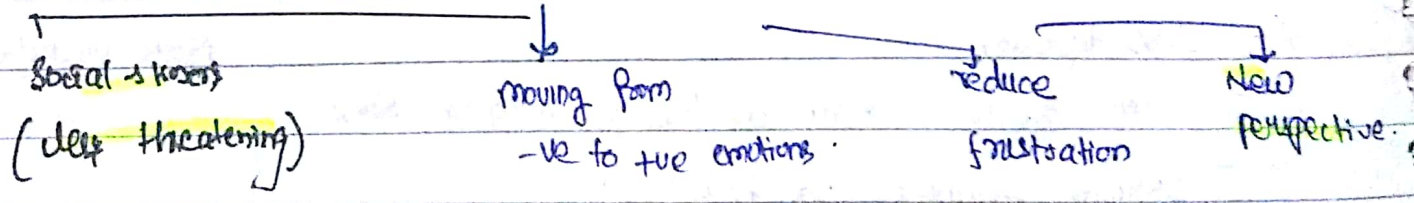


Social factors in stress

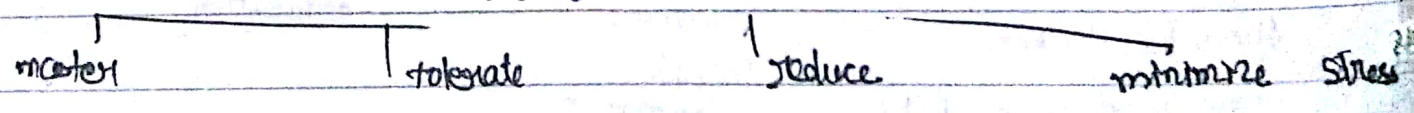
Culture & stress



Social support (true)



Coping with stress



How

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Problem focused

Emotion focused

- changing stressor itself
- Ex: student-proof interaction

- emotional ↓ impact
- can better deal.

example: friend's help.

emotion based: when stressors are uncontrollable & problem focused approach not possible.

⊗ Ignoring a problem is not a good strategy ⊗

best form of medicine ← laughter / humor helps

— increases natural killer cells (which kill viruses)

Psychological Defense mechanisms

⊗ Unconscious distortion — to protect sense of self from anxiety ⊗

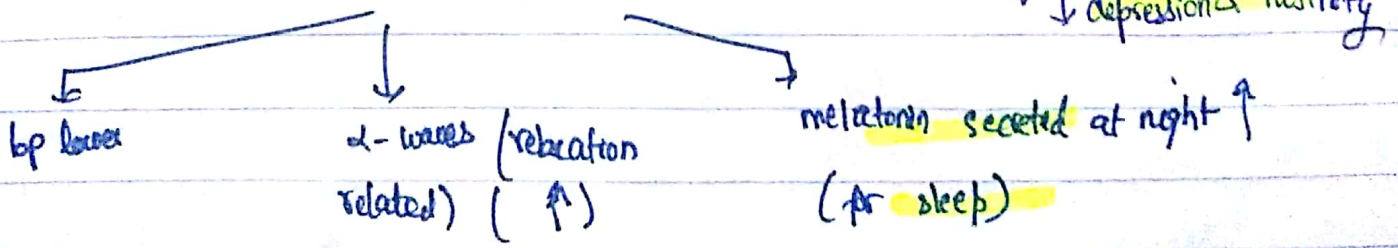
- some scientific support for the theory. (implicit / procedural memory)
- Denial, repression, rationalization, projection, regression, identification, sublimation, compensation, displacement.

Meditation

mental series of exercises → refocus attention → transcendental state of consciousness.

Concentrative meditation Looking @ stars & feeling blank → goal is to focus the mind on

Some repetitive / unchanging stimulus



Advantage: people can meditate anywhere.

Receptive meditation

Date:

→ a person trying to expand consciousness outwards ←

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Culture & coping

- ✓ man in Vietnam preparing his own coffin? ← Difficult to digest.
- ✓ may be some event not considered stressful like driving

Religion & coping

Belief in Higher power
(great source of comfort in stress situation)

Food habits

- no alcohol.

Going to temples

↓
social support system of religious community

Confession rituals

feel better about personal weakness

Meaning to things

helping people in disaster.

Wellness

Behaviour

lifestyle

Both physical + mental health

• Exercise

• social support

• sleep (kills cells)

• eat healthy

• Have fun

• Time management

• Breaths deep deep

↳ Sometimes crying helps