STRESS AND PHYSICAL AND MENTAL HEALTH
What is Stress?

- What do you define to be stress in your life?
S T R E S S  i s... 

- Life possesses several challenges, from planning a wedding, going to work, attending classes, caring for the children, caring for the spouse, a family member is ailing, your pet is dead and so forth. Though all these may be present we are required to adapt to these occurrences. When we perceive or experience challenges to our physical or mental well being that exceed our coping resources and abilities, the psychological condition that results is typically referred to as STRESS.
Stress and the DSM

Axis IV- Psychosocial and environmental problems. This group deals with the stressors that may have contributed to the current disorder, particularly those that have been present during the prior year. The diagnostician is invited to use a checklist approach for various categories of problems: family, economic, occupational, legal, and so forth. For instance, problems with support group, may be inclined when a family disruption is judged to have contributed to the disorder.
An Example

- A soldier may be diagnosed with PTSD Axis 1 with military combat being the stressor listed on the Axis IV.
GROUP DISCUSSION

- What predisposes a person to stress?
WHAT PREDISPOSES A PERSON TO STRESS?

- The person’s perception as to what is stressful
- Environmental influences, a person living in a depressed environment is more prone to experience stressful life events.
- Level of optimism
- Greater psychological control or mastery
- Increased self esteem
- Social Support system
- 5httlpr gene- research have shown if a person has two short forms of this gene were more likely to development depression when they experience four or more stressful life events than people who had two long genes.
MAKE A LIST OF WHAT WILL SEVERELY STRESS YOU OUT....

- Make a list of things or situations that will have less stressful effects on you....
WHAT MAKES THE DIFFERENCE BETWEEN THE TWO LISTS?
The key factors which affect the way in which we perceive each situation depends on the following...

- The severity of the stressor
- Its chronicity (how long it last)
- Its timing
- How closely it affects our own lives
- How expected it is
- How controllable it is
What is a Crisis?

- Use to refer to times when a stressful situation threatens to exceed or exceeds the adaptive capacities of a person or group.
- Stress vary from that of a crisis---a traumatic situation overwhelms a person's ability to cope whereas stress does not necessarily overwhelm a person.
Two systems are affected when we are stressed

1. Sympathetic-Adrenomedullary System (SAM) – this system is designed to mobilize resources and prepare for fight or flight response. The stress response begins in the hypothalamus, which stimulates sympathetic nervous system. This then cause the inner portion of the adrenal gland to secrete adrenaline and noradrenaline. As it circulates through the blood, it causes an increase in heart rate, metabolizing glucose rapidly.
2- Hypothalamic Pituitary Adrenocortical HPA System....in addition to stimulating the sympathetic nervous system, the hypothalamus releases the hormone called corticotropin releasing hormone, in the blood it stimulates the pituitary gland secreting adrenocorticotrophic hormone, thereby inducing the adrenal cortex to produce the stress hormone glucocorticoids otherwise called cortisol.

- Cortisol is good in case of emergency but inhibits the immune system.
- Allostatic load- the biological cost of adapting to stress
What is Your View of Optimism and Its Benefits
WHAT IS THE LINK BETWEEN STRESS AND CARDIOVASCULAR DISEASE

Many clinicians and investigators think that hypertension begins when a person has a biological tendency toward high cardiovascular reactivity to stress...
TREATMENT OF STRESS RELATED PHYSICAL ILLNESS

- Surgery
- Medication
- Psychological Treatment
  - Emotional disclosure
  - Biofeedback
  - Relaxation and meditation
  - Cognitive behaviour therapy
**Psychological Reactions to Stress**

- Adjustment Disorder is a psychological response to a common stressor that results in clinically significant behavioural or emotional symptoms.
- The stressor can be a single event...
- For a diagnosis to be given symptoms must begin within three months of the onset of the stressor, the person must experience more distress than would be expected given the circumstances or be able to function as usual.
- In adjustment disorder, the person symptom lessens or disappear when the stressor is no longer present.
Adjustment disorder caused by unemployment
Adjustment disorder caused by divorce or separation
POST TRAUMATIC STRESS DISORDER

A traumatic experience is thought to cause a pathological memory that is at the centre of the characteristic clinical symptoms associated with the disorder. These symptoms cluster into three main areas:

- Recurrent reexperiencing of the traumatic event through nightmares or intrusive memories
- Avoidance stimuli associated with trauma and emotional numbing avoiding car if person was in a car crash
- Increased arousal, which may involve insomnia, the inability to tolerate noise and excessive response when startled
- Person from war
- Prisoners of war or holocaust survivors
- Persons who were tortured
TREATMENT

- Telephone hotlines
- Psychological first aid
- Crisis intervention
- Psychological debriefing
- Medications antidepressants
- Cognitive behavioral therapy