

Medical academy named after S.I. Georgievsky of Vernadsky CFU



Topic- DO WE NEED STRESS
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OBJECTIVES

- ☐ Describe path flow of stress
- ☐ Enlist types of stress
- ☐ Enable to differentiate between positive and negative stress
- ☐ Describe sign & symptoms of stress
- ☐ Discuss causes of stress
- ☐ Demonstrate factors influencing stress intolerance

DEFINITION:

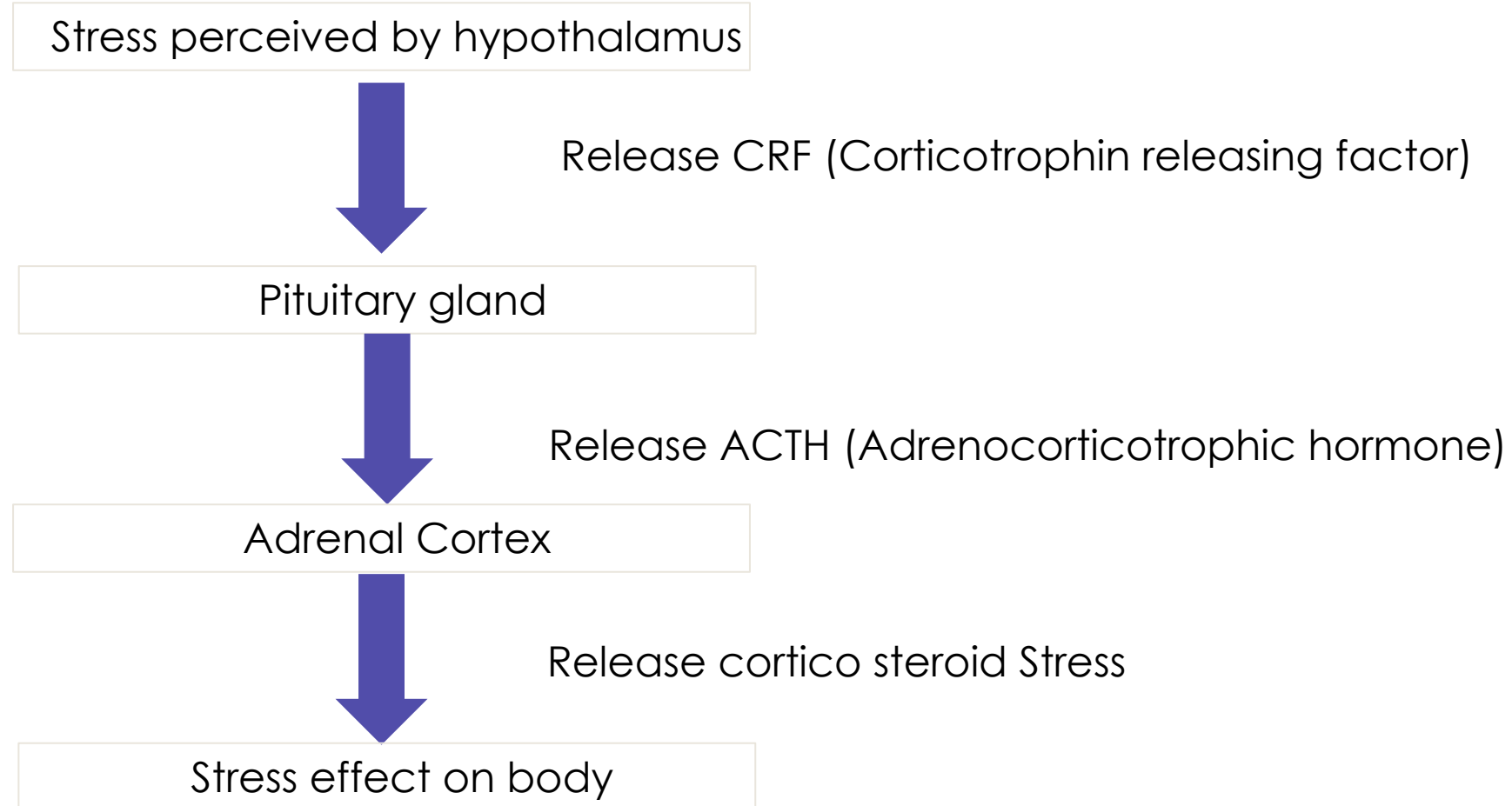
Stress is a state of strain , whether it is physical or psychological.
(Atkison , Berne & Woodworth)

(OR)

A conscious or unconscious psychological feeling or physical situation which comes as a result of physical or mental 'positive or negative pressure' to overwhelm adaptive capacities.



PATH FLOW OF STRESS



TYPES OF STRESS:

- A. Acute stress
- B. Episodic acute stress
- C. Chronic stress



Acute stress

It's our body's immediate reaction to a new challenge, event, or demand, and it triggers your fight- or-flight responses.

Example: pressures of a near-miss automobile accident or arguments with family.

Episodic acute stress

When acute stress happens frequently, it's called episodic acute stress

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Chronic stress

Chronic stress: If acute stress isn't resolved and begins to increase or lasts for long periods of time, it becomes chronic stress.

This stress is constant and doesn't go away.

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BENEFITS OF STRESS

- According to experts, stress is a burst of energy that basically advises you on what to do. In small doses, stress has many advantages. For instance, stress can help you meet daily challenges and motivates you to reach your goals. In fact, stress can help you accomplish tasks more efficiently. It can even boost memory.
- Stress is also a vital warning system, producing the fight-or-flight response. When the brain perceives some kind of stress, it starts flooding the body with chemicals like epinephrine, norepinephrine and cortisol. This creates a variety of reactions such as an increase in blood pressure and heart rate. Plus, the senses suddenly have a laser-like focus so you can avoid physically stressful situations — such as jumping away from a moving car — and be safe.
- In addition, there are various health benefits with a little bit of stress. Researchers believe that some stress can help to fortify the immune system. For instance, stress can improve how your heart works and protect your body from infection. In one study, individuals who experienced moderate levels of stress before surgery were able to recover faster than individuals who had low or high levels.

DIFFERENCE BETWEEN POSITIVE & NEGATIVE STRESS

Positive stress

- ☐ Motivates & focuses energy
- ☐ It is short term
- ☐ As perceived as a coping
- ☐ Feels exciting
- ☐ Increases performance
- ☐ Examples : Starting a new job or marriages

Negative stress

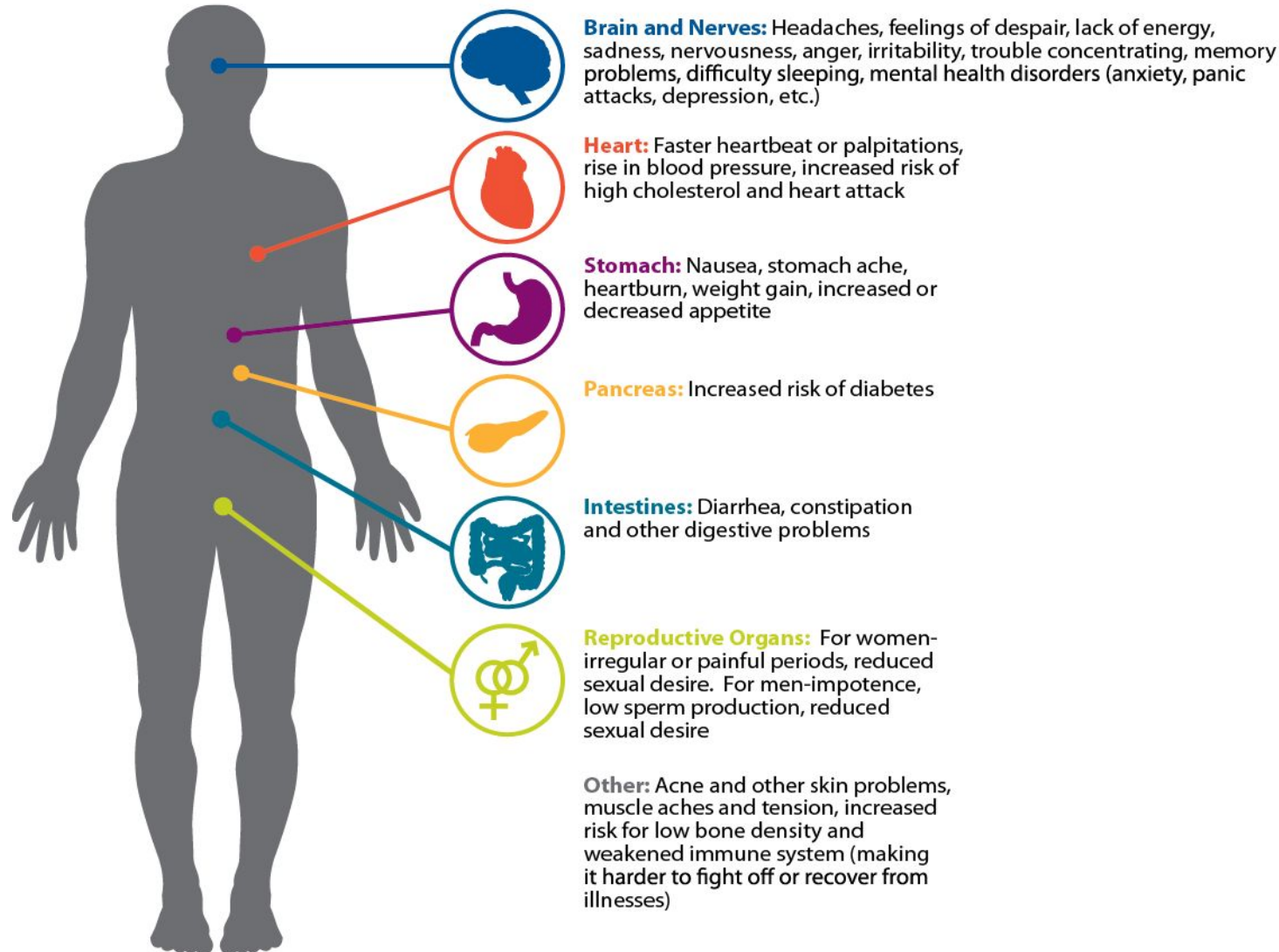
- ☐ Cause anxiety
- ☐ Can be short or long term
- ☐ abilities Perceived as outside of coping ability
- ☐ Feels unpleasant
- ☐ Decreases performance
- ☐ Examples: death of spouse or being neglected

SIGN & SYMPTOMS OF STRESS

- ☐ Frequent headaches
- ☐ Body aches
- ☐ Chest pain or palpitations
- ☐ Difficulty in breathing
- ☐ Increase smoking or alcohol use
- ☐ Insomnia
- ☐ Gritting , grinding teeth
- ☐ Weight gain or loss Frequent urination
- ☐ Diminished sexual desire
- ☐ Constipation ,diarrhea ,nausea or vomiting
- ☐ Cold or sweaty hands & feet
- ☐ Social withdrawal or isolation



EFFECTS OF STRESS ON BODY



CAUSES OF STRESS

Common external causes of stress:

- ☐ Major life changes
- ☐ Work or school
- ☐ Relationship difficulties
- ☐ Financial problems
- ☐ Being too busy
- ☐ Children & family
- ☐ Chronic worry
- ☐ Pessimism
- ☐ Negative self-talk
- ☐ Unrealistic expectations
- ☐ Rigid thinking
- ☐ All-or-nothing attitude

FACTORS INFLUENCING STRESS INTOLERANCE

- ☐ One's knowledge and preparedness
- ☐ Optimism
- ☐ Hardiness
- ☐ Sensation Seeking
- ☐ Social support



1. One's knowledge & preparedness:

- Stress can be heightened when one is not aware of what to expect in the stressful situation.
- it is easier to cope when you have knowledge about stress



2. Optimistic

- ❑ People who tend to be optimistic in all spheres of life tend to cope better with stress than those who are pessimistic.
- ❑ concentrate on the positive, are more willing to get social support



3. Hardiness

Hardiness is a personality syndrome marked by control, challenge, and commitment that is relatively linked to strong stress resistance.



**THANKYOU FOR YOUR
ATTENTION**