

Stress Responses & Stress Management



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Introduction

- Definition of stress
- Stress responses and psychiatric disorders
- The interface between stress and all health alterations



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Early Stress-Response Theories

Walter Cannon
Fight-or-flight response

- 1
- 2



Early Stress-Response Theories (Cont.)



Hans Selye

General adaptation syndrome (GAS)

Three stages

1

2

3

Psychological reactions (Lazarus)

1

2

4

Neurotransmitter Stress Responses

- Serotonin synthesis more active
- May impair serotonin receptor sites



Immune Stress Responses

- Interaction between nervous system and immune system during alarm phase of GAS
- Negatively affects body's ability to produce protective factors

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Mediators of the Stress Response

- Stressors
 - 1
 - 2
- Perception
- Individual temperament
- Social support
 - Support groups
 - Culture
 - Spirituality and religious beliefs



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Nursing Management of Stress Responses

- Measuring stress
 - Social Readjustment Rating Scale (Holmes and Rahe, 1967, 1978, 1997)
- Assessing coping styles



Case Study


- A college student is experiencing stress in her life as she tries to manage her schoolwork, job responsibilities, and single parenting.
- What attributes can this student develop to manage the stress?



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Managing Stress Through Relaxation Techniques

- Deep breathing exercises
- Progressive muscle relaxation
- Relaxation response
- Meditation
- Guided imagery



Managing Stress Through Relaxation Techniques (Cont.)

- Biofeedback
- Physical exercise
- Cognitive reframing
- Journaling
- Humor

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Audience Response Questions

1. In general adaptation syndrome (GAS), which stage occurs first?

- A. Alarm
- B. Resistance
- C. Exhaustion

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Audience Response Questions

2. Which reaction to stress is healthy?

A. Distress

B. Eustress

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