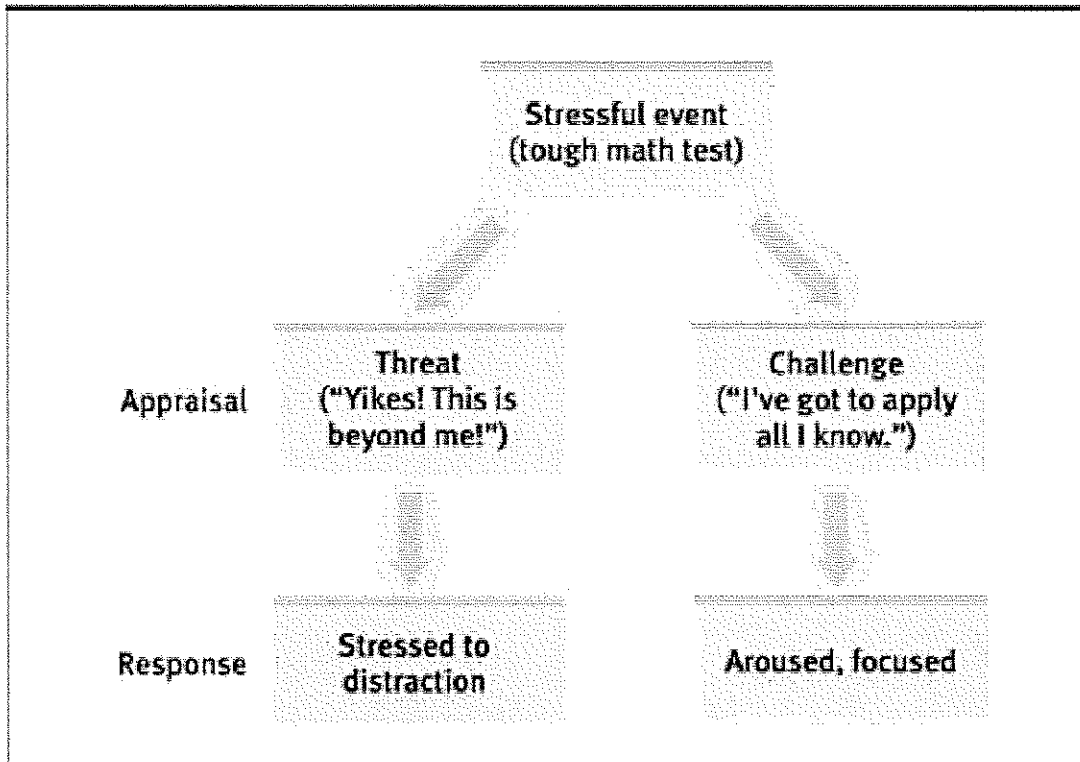


MODULE 43 STRESS AND HEALTH

STRESS: SOME BASIC CONCEPTS

- **STRESS** is the process by which we perceive and respond to certain events, called stressors, that we appraise as threatening or challenging.
- Stressors fall into three main types: catastrophes, significant life changes, and daily hassles.



- Catastrophes are unpredictable large-scale event, such as wars, earthquakes, floods, wildfires, and famines.
- Life changes happen frequently throughout your period on earth and each transition can result in being a stressor for individuals. Experiencing a cluster of crises – losing a job, home, and partner – put you at a higher risk.
- The daily hassles can be a stressor as well.
- Prolonged stress takes a toll on our cardiovascular system.
- Stress hormones, such as cortisol, drawn by glucocorticoid.
- **GENERAL ADAPTATION SYNDROME** (GAS) where Hans Selye brought light to a three-phase process where the body’s adaptive response to stress are alarm, resistance, and exhaustion.
- One common response is temporary paralysis while another is **TEND-AND-BEFRIEND** where people provide support to others and bond with and seek support from others.
- Gender differences in stress responses are reflected in brain scans: women’s brains become more active in areas important for face processing and empathy; men’s become less active.

BE ABLE TO ANSWER: What two processes happen simultaneously when our stress response system is activated? What happens if the stress is continuous?

PRACTICE FRQ: Xavier has a huge math test coming up next Tuesday. Explain two ways appraisal can determine how stress will influence his test performance.