

Behavioral Health

Study Guide

#3

Stress Responses and Stress Management

- Recognize the short- and long-term physiological consequences of stress.
- Compare and contrast Cannon's (fight-or-flight) and Selye's (general adaptation syndrome) models of stress.
- Describe how responses to stress are mediated through perception, individual temperament, social support, support groups, culture, spirituality, and religion.
- Adverse Childhood Experiences
 - ACEs: Sensitize people to stress in later life; These include:
 - Any form of psychological, physical, and sexual abuse
 - Violence against a parent, particularly the mother
 - Living with people with substance use disorders, mentally ill, or ever incarcerated
- Early Stress-Response Theories
 - Fight-or-Flight Response
 - Body prepares for situation that individual perceives as threat to survival
 - Increased blood pressure, heart rate, respirations, and cardiac output
 - New research indicates that men and women have different neural responses to stress
- General Adaptation Syndrome (GAS)
 - Alarm or acute stress stage
 - Activates sympathetic nervous system
 - Activates HPA axis to stay on alert
 - Resistance or adaptation stage
 - Sustained and optimal resistance to the stressor; recovery, repair, and renewal may occur.
 - Exhaustion stage
 - Resources are depleted; the stress may become chronic
 - Critique of the GAS Theory
 - Different types of stressors bring different patterns of response
 - It is the *degree* of stress that is important.
 - GAS reflects male responses
 - Females tend to respond by "tending and befriending"
- Bad Stress Versus Good Stress?
 - **Distress:** Negative draining energy that results in anxiety, depression, confusion, helplessness, hopelessness, and fatigue.

Stress And Health Study Guide Answers

Lauren Gardner



Stress And Health Study Guide Answers:

Embracing the Beat of Expression: An Mental Symphony within **Stress And Health Study Guide Answers**

In a global taken by screens and the ceaseless chatter of quick conversation, the melodic splendor and psychological symphony produced by the published word often disappear in to the back ground, eclipsed by the constant sound and disruptions that permeate our lives. But, situated within the pages of **Stress And Health Study Guide Answers** a charming fictional prize brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this captivating masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of this moving assessment, we shall examine the book is main harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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