Mental Health Unit 2 Study Guide

Stress Halter Chapter 10

- Explain the theories of stress. (Cannon-response and Selye-adaptation) What are the differences of the theories?
 - The difference between stress and anxiety?
 - Anxiety disrupts normal functioning and requires adaptation.
 - Walter Cannon (Fight-or-flight): Body prepares for situation that individual perceives as a threat
 - Hans Selye (General Adaptation Syndrome GAS): Alarm, Resistance/Adaptation, Exhaustion
 - If the body doesn't adapt, exhaustion occurs

2. Types of stress

- Acute Stress:
 - Apprehension, unhappiness, decreased appetite, increased respirations, pulse, blood pressure, cardiac output, metabolism, glucose use, and depressed immune system.
- Chronic Stress:
 - Increased risk for chronic anxiety, panic attacks, depression, chronic pain, sleep disturbance, decreased concentration, fatigue, irritability, weight gain/loss, increased risk for MI, stroke, HTN, diabetes, infection.

3. Eustress vs distress

- Eustress:
 - Positive benefit energy new baby, new job, Christmas, vacation
- Distress:
 - Negative draining energy lost job, surgery, quit smoking, death, argument, new illness

4. Physiological vs. Psychological

- Physiological:
 - Effects the persons physical being surgery, illness.
- Psychological:
 - Effects the persons emotional being divorce, school, losing a job
- List Positive and Negative stress busters. How do you decide which stress buster will be most effective?
 - Positive:
 - Taking a walk, journaling, meditation, yoga, exercise
 - Negative:
 - Sleeping, avoiding, drinking, smoking
 - Ask the patient, what are your stress busters?

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