

Unit 2 Mental & Physical Health

Managing Stress
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Why is Stress Important?

- Can be the leading causes of death, including heart disease, cancer, stroke, & injuries

Stress

- Everyone has different stressors
- Everyone handles stress differently
- Everyone responds to stress differently



Stress

- **Stress:** response of the body to the demands of daily living
 - **Stressor** – source or cause of stress
 - Mental, physical, social, or environmental
 - Eustress = healthy response to a stressor
 - Distress = harmful response to a stressor

The General Adaptation Syndrome

- Series of body changes that result from stress
- 3 stages:
 - 1. Alarm**
 - a. When the body gets ready for quick action
 - b. Adrenaline is secreted into the bloodstream
 - c. “Fight-or-Flight”
 - 2. Resistance**
 - a. The body is no longer in the emergency state
 - b. Absence of adrenaline
 - 3. Exhaustion**
 - a. Wear and tear on your body increases the risk of injury, illness, & premature death

How Stress Affects Health Status

- Mental & emotional
 - Increases depression, headaches, difficulty with being resilient
- Family & social
 - Stressful home situations or relationships increase likelihood for illness or disease
- Growth & development
 - Hormonal changes during puberty → growth spurt, secondary sex characteristics
- Nutrition
 - Loss of/increased appetite
- Personal health & physical activity
 - Decrease the body's ability to defend itself due to fatigue/exhaustion
- Alcohol, tobacco, & other drugs
 - Poor decision-making skills, increases addiction, method of escape
- Communicable & chronic diseases
 - Chronic stress can cause chronic disease

Handling Stress

- **Stress-management skills:** techniques to prevent & deal with stressors & to protect one's health from the harmful effects produced by the stress response

| Preventing Stressful Situations | Protecting Health |
|---|----------------------------------|
| Use responsible decision-making skills | Participate in physical activity |
| Keep a time-management plan | Write in a journal |
| Keep a budget | Use breathing techniques |
| Talk with responsible family members/adults | Eat a healthful diet |
| Supporting network of friends | Rest and sleep |