

**Mental Health :**  
**Session 2**

**Understanding the Concept of Stress**

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Life is a puzzle. Every piece fits together to create who we are, what we do, how we feel. Every experience shapes us into who we will eventually become.

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**Objectives**

- The Human Computer & the Window of Tolerance
- Types of Stress
- Stress Response
- Mechanism of Stress
- Impact of Stress on Body
- Suppression of the Immune System



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### The Human Computer

The diagram on the left shows a computer monitor, keyboard, and mouse connected to a central box labeled 'Process', with 'Input' and 'Output' boxes below. The flowchart on the right shows 'SENSORY INPUT' leading to 'ATTENTION', then 'PERCEPTION', and finally 'RESPONSE'. It also includes 'MAINTENANCE BEHEAVIOR' and 'UNATTENDED INFORMATION IS LOST', and a note that 'SOME INFORMATION MAY BE LOST OVER TIME'.

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### Our perspectives and perceptions affect so much of our individual realities.

**Perception**

- Perception is the way how a person understands something.

**Reality**

- Reality is the truth and the actual existence of something.

### Perceived Normality?

The graph shows a bell curve with 'Eustress' on the left, 'Average??' in the middle, and 'Distress' on the right. An 'Optimal level' is marked at the peak. Below the graph is an illustration of a staircase with several figures, one of whom is highlighted in red.

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The image on the left is a realistic profile photograph of a man's face. The image on the right is a caricature of the same man's face, exaggerated with a large nose and a wide, toothy grin.

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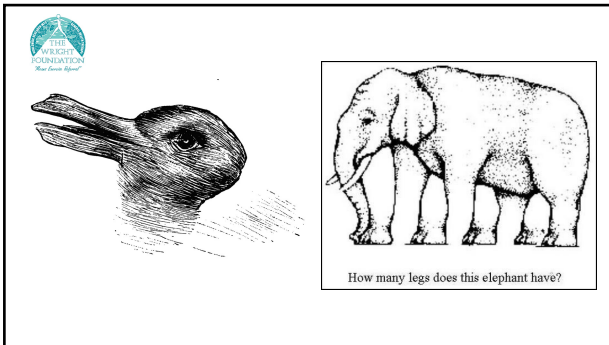
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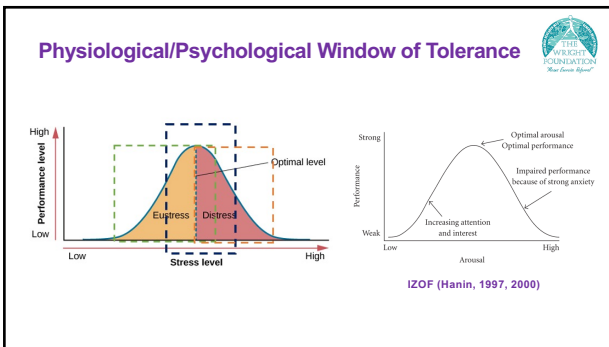
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### Types of Stress

- Depending on the nature, duration and impact on the body, stress can be categorised into different categories:
- Acute stress
- Episodic stress
- Chronic Stress



The Wright Foundation logo is in the top right corner.

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**Stress Response**

**The General Adaptation Syndrome**

Alarm      Resistance      Exhaustion

Level of normal resistance

Stressor occurs

According to Hans Selye, the body reacts in three phases to a stressor. In the first phase, alarm, the body mobilizes to confront the threat, which temporarily expends resources and lowers resistance. In the resistance phase, the body is actively confronting the threat and resistance is high. If the threat continues, the body moves into exhaustion.

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**Disturbing the bodies homeostatic state [our stress response]**

• [https://youtu.be/RRPP73QM\\_4k](https://youtu.be/RRPP73QM_4k)

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**Trainasium**

ENVIRONMENT	INDIVIDUAL	RESPONSE
Potential source of stress + Actual demand + Background and situational factors	Attitudes, wants, needs, desires, personality, etc. + Age, gender, education level + Actual ability + Judgement of threat (cognitive appraisal) = Perceived demands and perceived ability to cope with demand	Imbalance = Strain of distress + Coping successful + Unable to cope = Symptoms of stress + Overcome problem
← FEEDBACK	← FEEDBACK	← FEEDBACK

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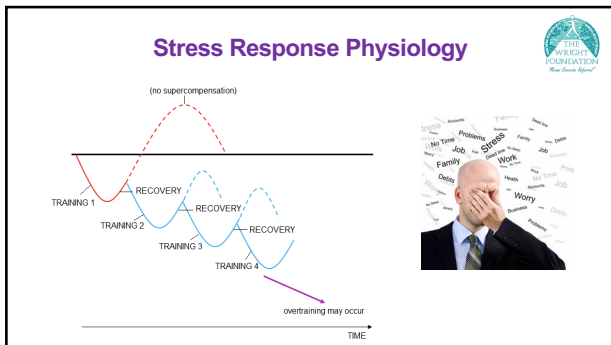
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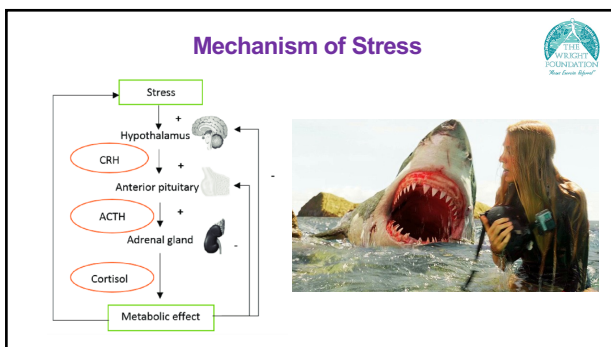
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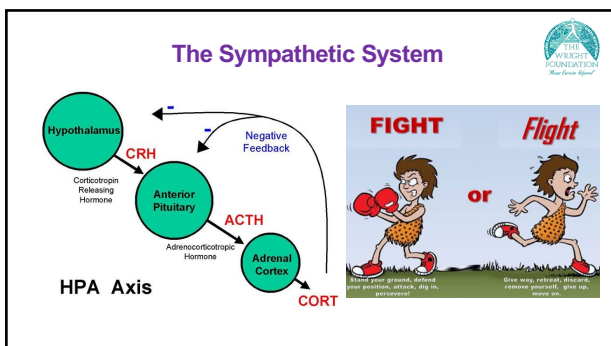
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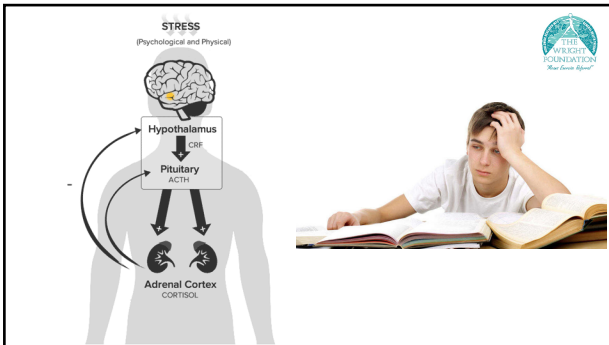
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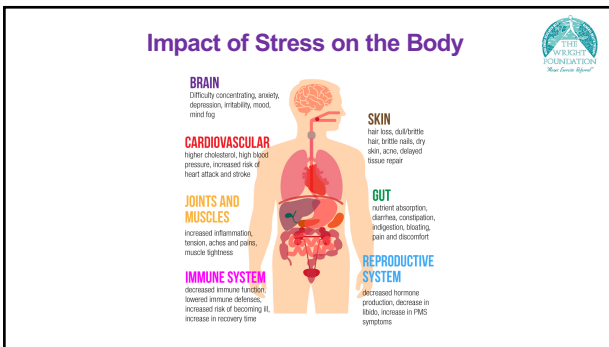
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Impact of stress on digestive health:	Under stress, blood leaves the gastrointestinal tract to be used for more time sensitive actions like <i>running for your life</i> .	Any food sitting in your stomach will stay there until the stressful situation is over.	Any contents in your bowels will strive to be excreted in anticipation of a stressful event or directly following a stress event.	Chronic stress that we cannot run from impacts our digestive system the same as if we were met with a life or death situation.	Persistent stressors will influence our bodies
↓	↓	↓	↓	↓	↓
<b>Stressor action, example, or outcome:</b>	Thus, digestive juices and enzymes become inactive slowing digestion.	Many people vomit the contents of their stomach after an intense athletic endeavor or traumatic situation.	Bike racers in preparation for a race, empty their bowels prior to the start. It is not a conscious effort but one that comes with the anticipation of racing.	This includes everyday stressors like traffic, running late for work, being yelled at by your boss, giving a presentation to a large group of your superiors, and then worrying about bills when finally returning home.	Show up as a subtler digestive disturbances like constipation, IBS, indigestion, heart burn, and GERD.

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### Effect on Circulatory Problems

THE WELSH FOUNDATION  
"Heart Care Right"

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### Suppression of Immune System

IMMUNE RESPONSE AND EFFECT	POTENTIAL HEALTH OUTCOMES
<b>IMMUNO-PROTECTION</b> <ul style="list-style-type: none"> <li>Active immune surveillance</li> <li>Innate and/or adaptive immune response</li> <li>Efficient clearance of activating agents</li> <li>Resolution</li> </ul>	<b>BENEFICIAL</b> <ul style="list-style-type: none"> <li>Removal of pathogens</li> <li>Efficient healing, resolved inflammation</li> <li>Resistance to infection and cancer</li> </ul>
<b>IMMUNO-PATHOLOGY</b> <ul style="list-style-type: none"> <li>In local and systemic inflammatory mediators increase</li> <li>In self antigen/allergen response</li> </ul>	<b>HARMFUL</b> <ul style="list-style-type: none"> <li>Pro-inflammatory diseases</li> <li>Autoimmune diseases</li> <li>Low-grade chronic inflammation</li> </ul>
<b>IMMUNO-PATHOLOGY</b> <ul style="list-style-type: none"> <li>In self innocuous antigen response</li> <li>Autoimmune response</li> <li>In allergen induced immune activation</li> </ul>	<b>HARMFUL</b> <ul style="list-style-type: none"> <li>Efficient healing</li> <li>Removal of pathogens</li> <li>Resistance to infection and cancer</li> </ul>
<b>IMMUNO-SUPPRESSION</b> <ul style="list-style-type: none"> <li>One arm of immune system keeps another in check</li> <li>T-cells, TGF-beta, IL-10</li> <li>Immuno-senescence</li> </ul>	<b>BENEFICIAL</b> <ul style="list-style-type: none"> <li>Pro-inflammatory diseases</li> <li>Autoimmune diseases</li> <li>Low-grade chronic inflammation</li> </ul>

THE WELSH FOUNDATION  
"Heart Care Right"

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### Other Effects of Stress Hormones

**Stress Hormones**

- Breathing increases
- Heart rate increases
- Blood flow to skeletal muscles increases
- Blood sugar levels increase
- Pupils dilate
- Blood pressure increases
- Intestinal muscles relax

THE WELSH FOUNDATION  
"Heart Care Right"

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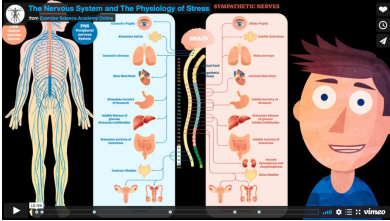
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**Want More Info About the Physiology of Stress**



The screenshot shows a video player with a title 'The Nervous System and The Physiology of Stress'. The video content includes a diagram of the human nervous system, a diagram of the stress response involving the hypothalamus, pituitary gland, and adrenal glands, and a cartoon character of a man. The Wright Foundation logo is visible in the top right corner of the video frame.

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**End of Session**

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