Mental Health :
Session 2

Understanding the Concept of Stress

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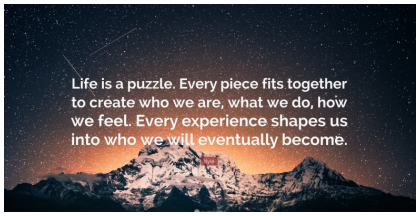

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Objectives

- 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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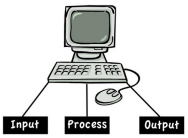
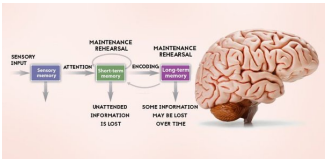
The Human Computer





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

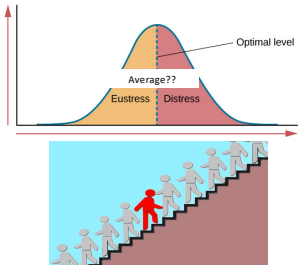
Perception

- Perception is the way how a person understands something.

Reality

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

Perceived Normality?



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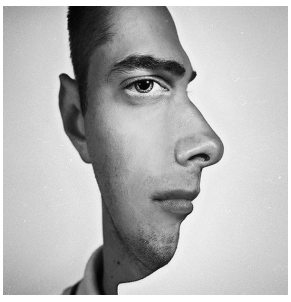

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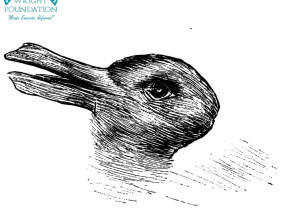

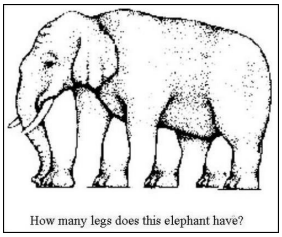

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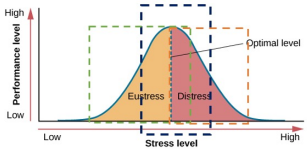
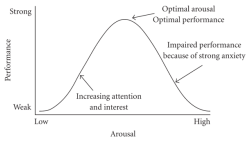
Physiological/Psychological Window of Tolerance





IZOF (Hanin, 1997, 2000)

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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

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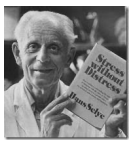
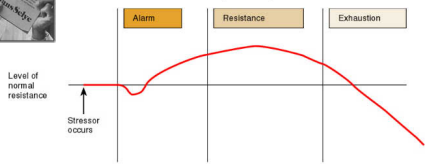


Stress Response

The General Adaptation Syndrome



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

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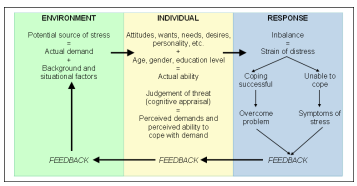

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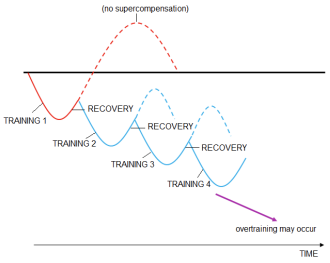
Stress Response Physiology



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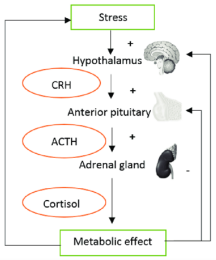
Mechanism of Stress



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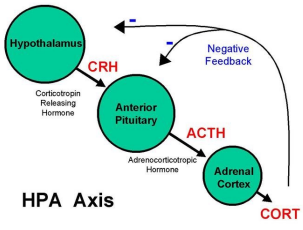
The Sympathetic System



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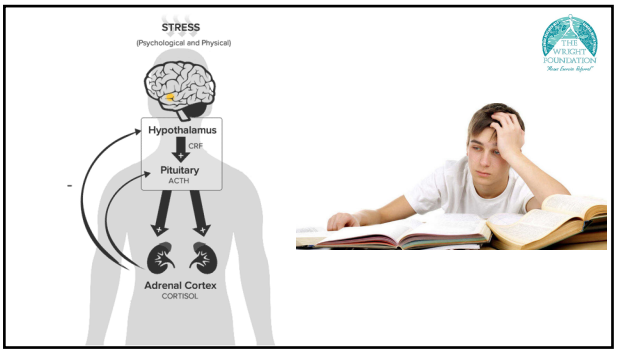

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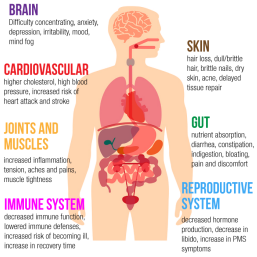
Impact of Stress on the Body



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Effect on the Digestive System

Impact of stress on digestive health:	Under stress, blood leaves the gastrointestinal tract to be used for more time sensitive actions like *running for your life.*	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 still influence our bodies
Stressor action, example, or outcome:	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 subtler digestive disturbances like constipation, IBS, indigestion, heart burn, and GERD.

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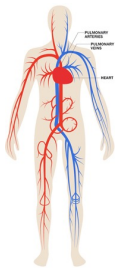
Effect on Circulatory Problems



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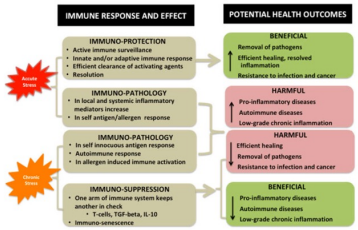
Suppression of Immune System



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Other Effects of Stress Hormones

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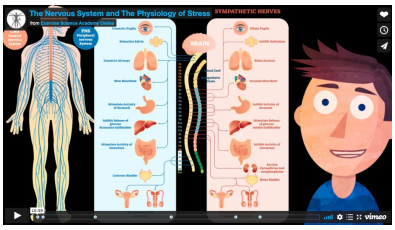
Want More Info About the Physiology of Stress



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End of Session

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