

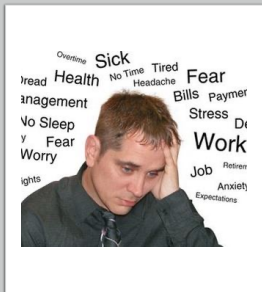
Mental Health :
Session 2

Understanding the Concept of Stress

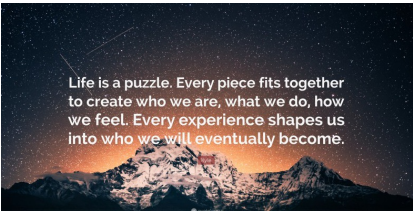
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Objectives


- 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



2



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.



3

The Human Computer

The diagram illustrates the human computer model. On the left, a computer icon is connected to three boxes labeled 'Input', 'Process', and 'Output'. On the right, a flowchart shows the flow of information: 'SENSORY INPUT' leads to 'ATTENTION', which leads to 'MAINTENANCE SENSORY' (represented by a 'Memory' box). From 'MAINTENANCE SENSORY', information can be 'UNATTENDED INFORMATION IS LOST' or 'SOME INFORMATION MAY BE LOST OVER TIME'. The flowchart also includes 'MAINTENANCE BEHAVIORAL' and 'INCOMING SENSORY'.

4

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

Perceived Normality?

The graph shows a bell curve with 'Eustress' on the left, 'Distress' on the right, and 'Optimal level' at the peak. A dashed line marks the 'Average??'.

Perception

- Perception is the way how a person understands something.

Reality

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

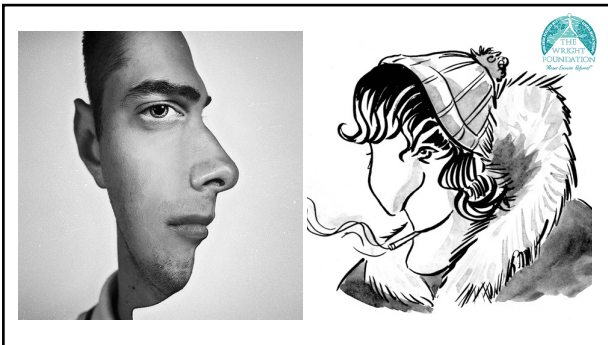
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Most people believe the mind to be a mirror, more or less accurately reflecting the world outside them, not realizing on the contrary that the mind is itself the principal element of creation.

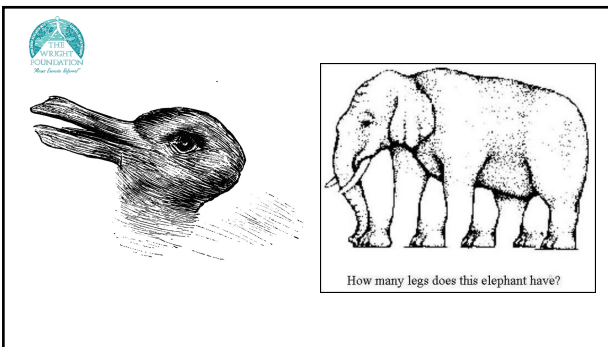
— Rabindranath Tagore —

AZ QUOTES

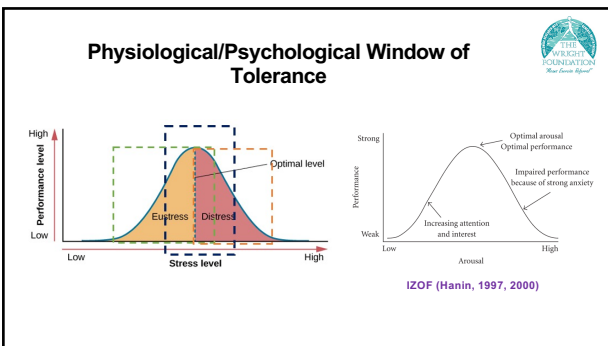
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9

Types of Stress

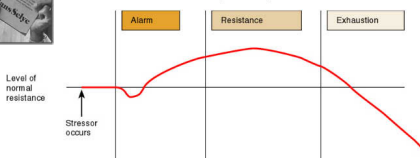
- Depending on the nature, duration and impact on the body, stress can be categorised into different categories:
- Acute stress
- Episodic stress
- Chronic Stress





10

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 expands 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.




11


Disturbing the bodies homeostatic state [our stress response]




• https://youtu.be/RRPP73QM_4k



12




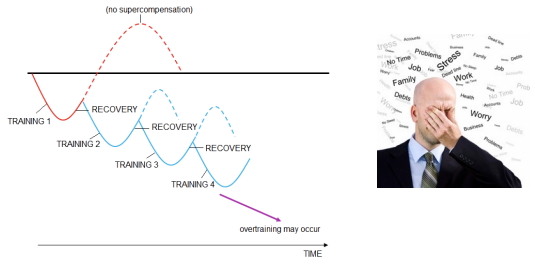
Trainasium



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 or Strain of distress Coping successful Overcome problem Unable to cope Symptoms of stress
← FEEDBACK	← FEEDBACK	← FEEDBACK

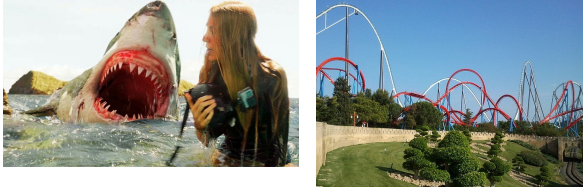
13

Stress Response Physiology

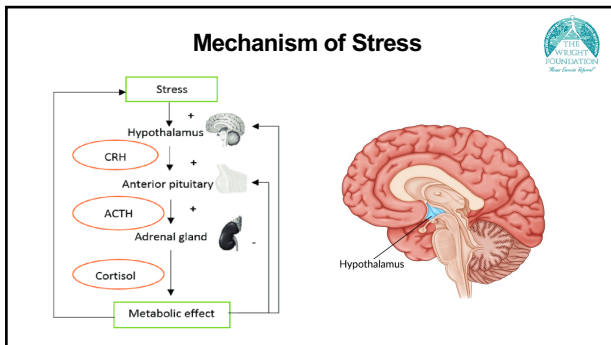


14

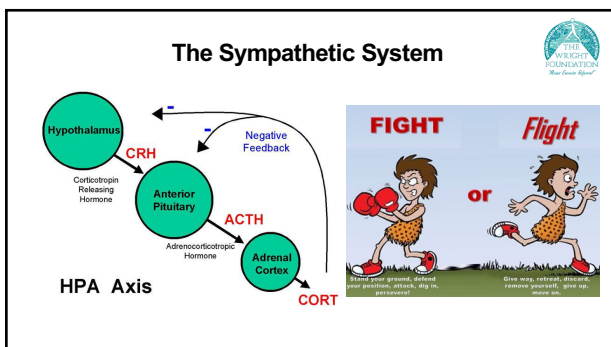
Mechanism of Stress



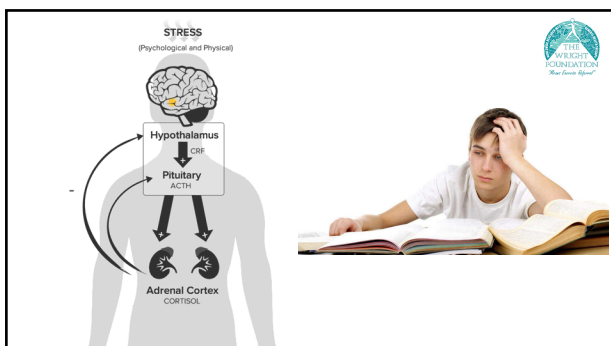
15



16



17



18

Impact of Stress on the Body

BRAIN
Difficulty concentrating, anxiety, depression, irritability, mood, mixed fog

CARDIOVASCULAR
Higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES
Increased inflammation, tendon, achis and pain, muscle tightness

IMMUNE SYSTEM
Decreased immune fatigue, lowered immune defenses, increased risk of becoming ill, increase in recovery time

SKIN
Hair loss, dull brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT
Nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM
Decreased hormone production, decrease in libido, increase in PMS symptoms

19

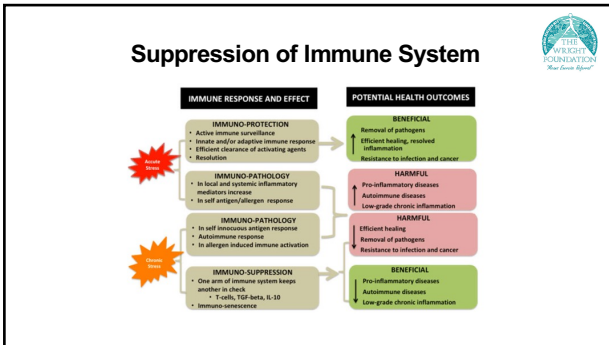
Effect on the Digestive System

<p>Impact of stress on digestive health:</p> <p>↓</p> <p>Stressor action, example, or outcome:</p>	<p>Under stress, blood leaves the gastrointestinal tract to be used for more time sensitive actions like <i>running for your life</i>.</p> <p>↓</p> <p>Thus, digestive juices and enzymes become inactive slowing digestion.</p>	<p>Any food sitting in your stomach will stay there until the stressful situation is over.</p> <p>↓</p> <p>Many people vomit the contents of their stomach after an intense athletic endeavor or traumatic situation.</p>	<p>Any contents in your bowels will strive to be excreted in anticipation of a stressful event or directly following a stress event.</p> <p>↓</p> <p>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.</p>	<p>Chronic stress that we cannot run from impacts our digestive system the same as if we were met with a life or death situation.</p> <p>↓</p> <p>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.</p>	<p>Persistent stressors still influence our bodies.</p> <p>↓</p> <p>Show up as subtler digestive disturbances like constipation, IBS, indigestion, heart burn, and GERD.</p>
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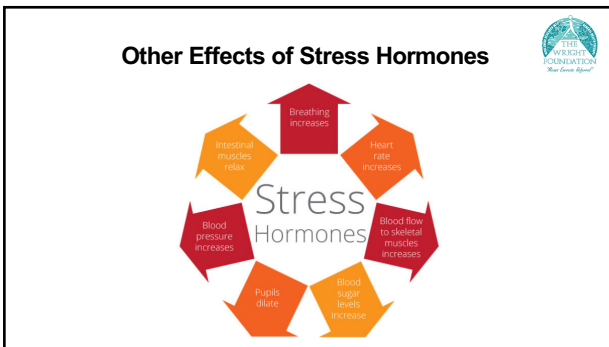
20

Effect on Circulatory Problems

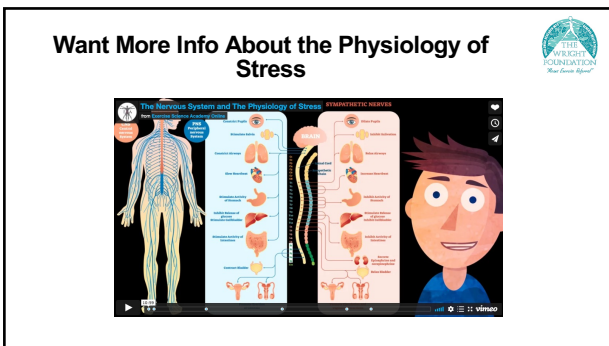
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22



23



24



End of Session
