



Psychology of Mental Health and Well-being
Work/Study-Life Balance & Stress Management
(MUNI: aVLLP7X1 & aVLMH011)
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Lesson 1

Topic:

Basal information about the stress, **nature & physiology of the stress** and the influence to our everyday life.

Suggestions: Watching some short videos and thinking about the mentioned information.

Recommended videos:

Stress Response in Animation (1:07; Healthhour)
<http://www.youtube.com/watch?v=BIfKOL8xDPO>

2-Minute Neuroscience: HPA Axis (1:55; Neuroscientifically Challenged)
<https://youtu.be/QAeBKRaNri0>

TED-Ed: Lessons Worth Sharing

How stress affects your body (4:28; Sharon Horesh Bergquist)
https://www.ted.com/talks/sharon_horesh_bergquist_how_stress_affects_your_body

How stress affects your brain (4:01; Madhumita Murgia)
https://www.ted.com/talks/madhumita_murgia_how_stress_affects_your_brain

The surprising link between stress and memory (4:47; Elizabeth Cox)
https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory

Short conclusion:

The stress is very **immanent and natural** part of the life.

Hope, you find the way, **how to utilize or** (at least 'at times') **enjoy the stress** :o)

Summary of the most important principles:

NATURE of the stress

Stress is anytime & anywhere (e.g. because of gravity)

Stress works for us; Stress is functional; would motivate us to be efficient (e.g. eu-stress)

We're able to **influence the duration & intensity**, not the start-point of the stress reaction.

Don't worry about stress ...

... anyway ... **it's anytime & anywhere ...**

PHYSIOLOGY of the stress

Stress response is **very fast**

... therefore we're able to influence only the duration & intensity

Body&Mind response to the stress is unpredictable and **chaotic**
 ... therefore it's supportive in the really dangerous (life-threatening) situations
 ... therefore we behave so „strange“, when we're looking for the „lost keys“ (under the time pressure)

Stress response is super **wasteful** because it requires **lots of energy**
 ... because it prepares the whole body to the very fast and life-keeping reaction
 ... therefore we would experience a „cold sweating“

We are able to be aware (know about, feel or experience) the stress response (e.g. acute & hyper), but more dangerous is the **unconscious** one (e.g. chronic & hypo). Would be motivational/motivating (**eustress**) or (at least partly) healthy; or distractive and disturbing (distressing).

STRESS *is healthy or dangerous ...*
... out of control (not only when)
it's unconscious (!)

is fast ...

but sometimes has a long stamina ...

is wasteful ...

& chaotic ...

Conscious Mind: 10 %
 1. analyses
 2. thinks & plans
 3. short term memory

Critical Mind

Subconscious Mind: 90 %
 1. long-term memory
 2. emotions & feelings
 3. habits, relationship patterns, addictions
 4. involuntary body functions
 5. creativity
 6. developmental stages
 7. spiritual connection
 8. intuition

General Adaptation Syndrome

PHASE 1	PHASE 2	PHASE 3	PHASE 4
IMMEDIATE REACTION	COMPENSATION	RESISTANCE	DECOMPENSATION
Stressor Onset	Compensation Phase	Resistance Phase	Decompensation Phase
a	b	c	d
NORMAL LEVEL OF RESISTANCE	Onset Shock		NORMAL LEVEL OF RESISTANCE

If you **want to know more** you would continue to these links:

GAS – General adaptation syndrome – Hans Selye
[https://en.wikipedia.org/wiki/Stress_\(biology\)](https://en.wikipedia.org/wiki/Stress_(biology))

Homeostasis vs. Allostasis

<http://mcb.berkeley.edu/courses/mcb135k/lecture32-Homestasisallostasis.pdf>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2815096>
https://www.ted.com/talks/moshe_szyf_how_early_life_experience_is_written_into_dna

Neuroplasticity – principle: **Use it or lose it!**

<https://1url.cz/@neuroplasticity>
https://www.ted.com/speakers/vilayanur_ramachandran