



Psychology of Mental Health and Well-being

Work/Study-Life Balance

Stress Management & Coping

Lesson 1

Department of Psychology and Psychosomatics
Faculty of Medicine, Masaryk University

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Stress vs. Well-Being

Work-Life Balance

The Nature of Stress Psychophysiology

basic information, sources, links

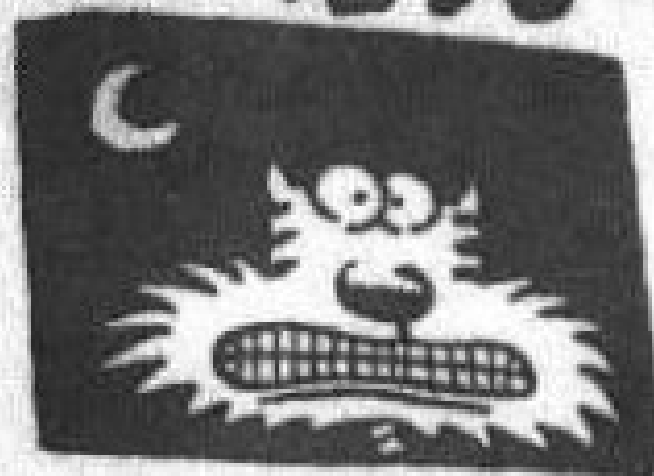
Stress Definition

Stress is a state of psychological and physical tension produced when an individual perceives that they are unable to cope with the demands imposed on them by a stressor.

The consequent state of tension can be adaptive (eustress) or maladaptive (distress)

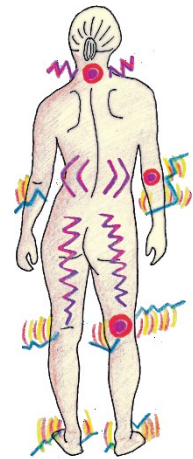
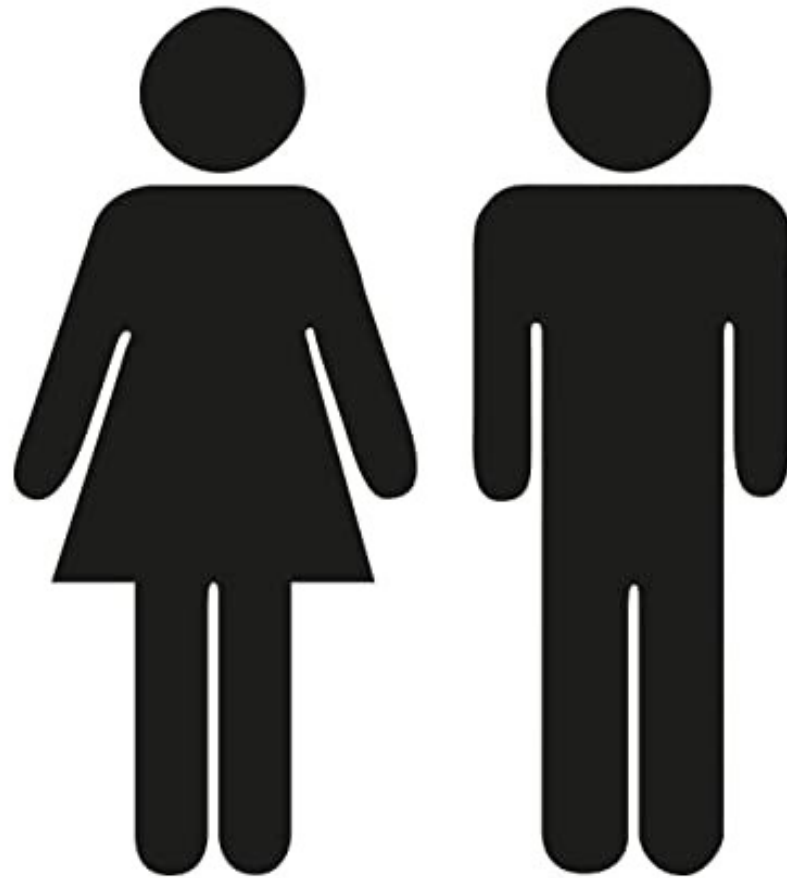
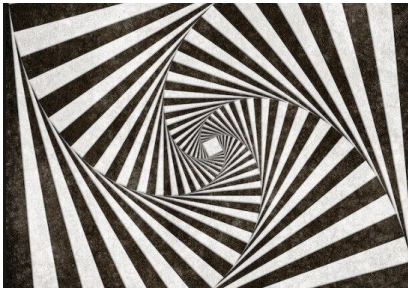


THERE ARE ONLY
TWO TIMES
I FEEL STRESS:



DAY AND NIGHT.

Experiment ... (?)



STRESS

is super fast ...

STRESS



Focus on Principles

Stress is anytime & anywhere

Stress works for us; Stress is functional

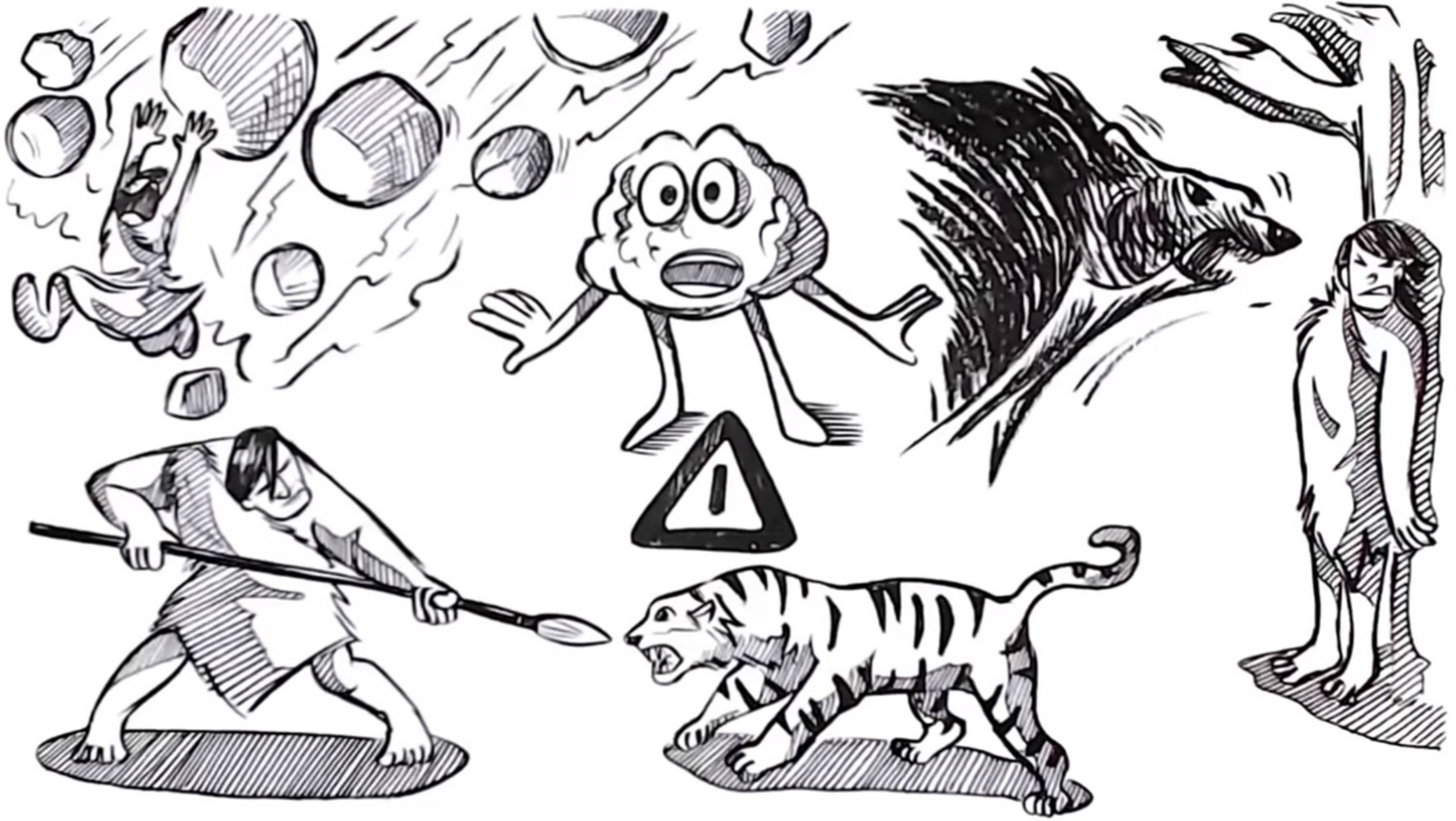
We're able to **influence the duration & intensity.**
not the start-point of the stress reaction

Don't worry about stress ...

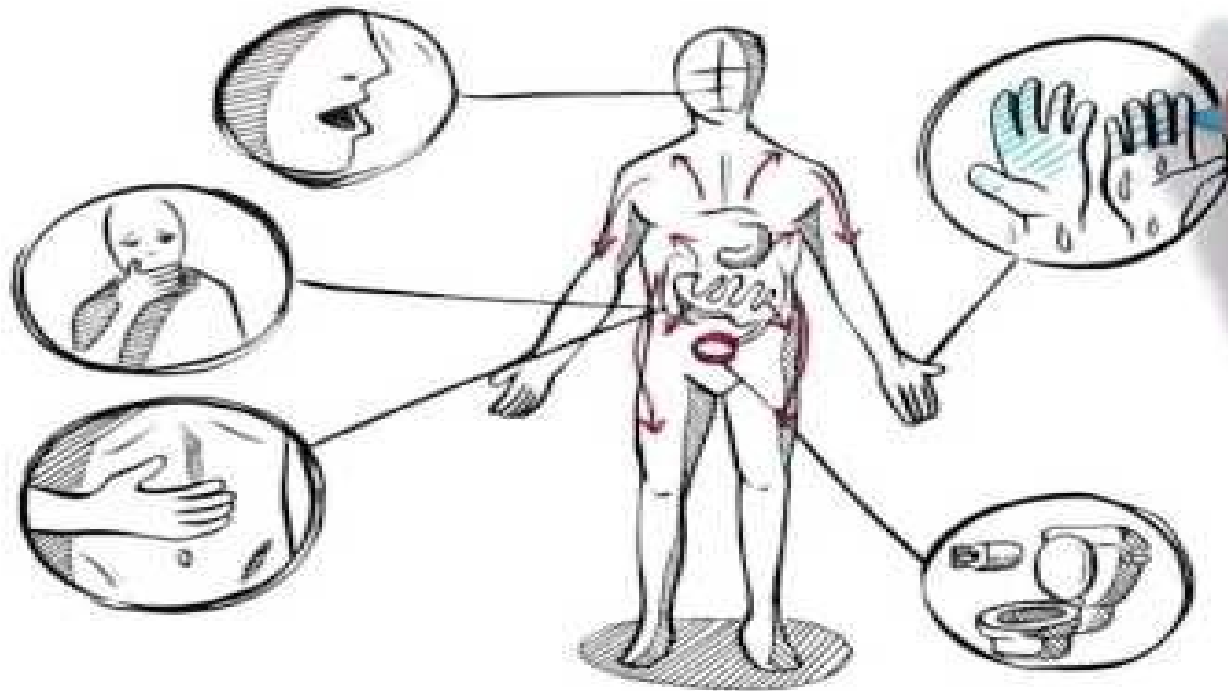
... anyway ... it's anytime & anywhere .



F³ or the Fight-Flight-Freeze



FACE



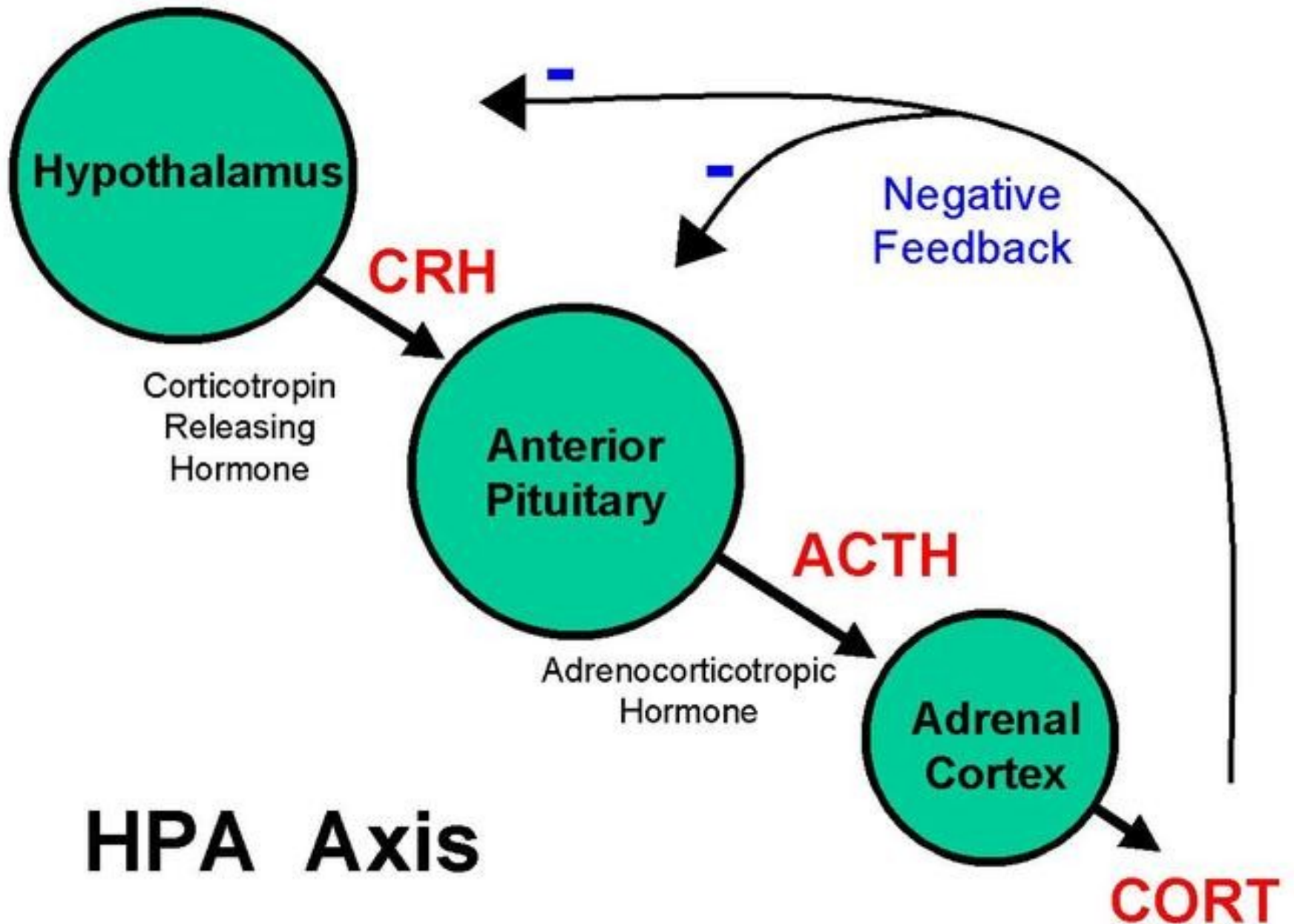
https://www.youtube.com/watch?v=jEHwB1PG_-Q

self-reflexion

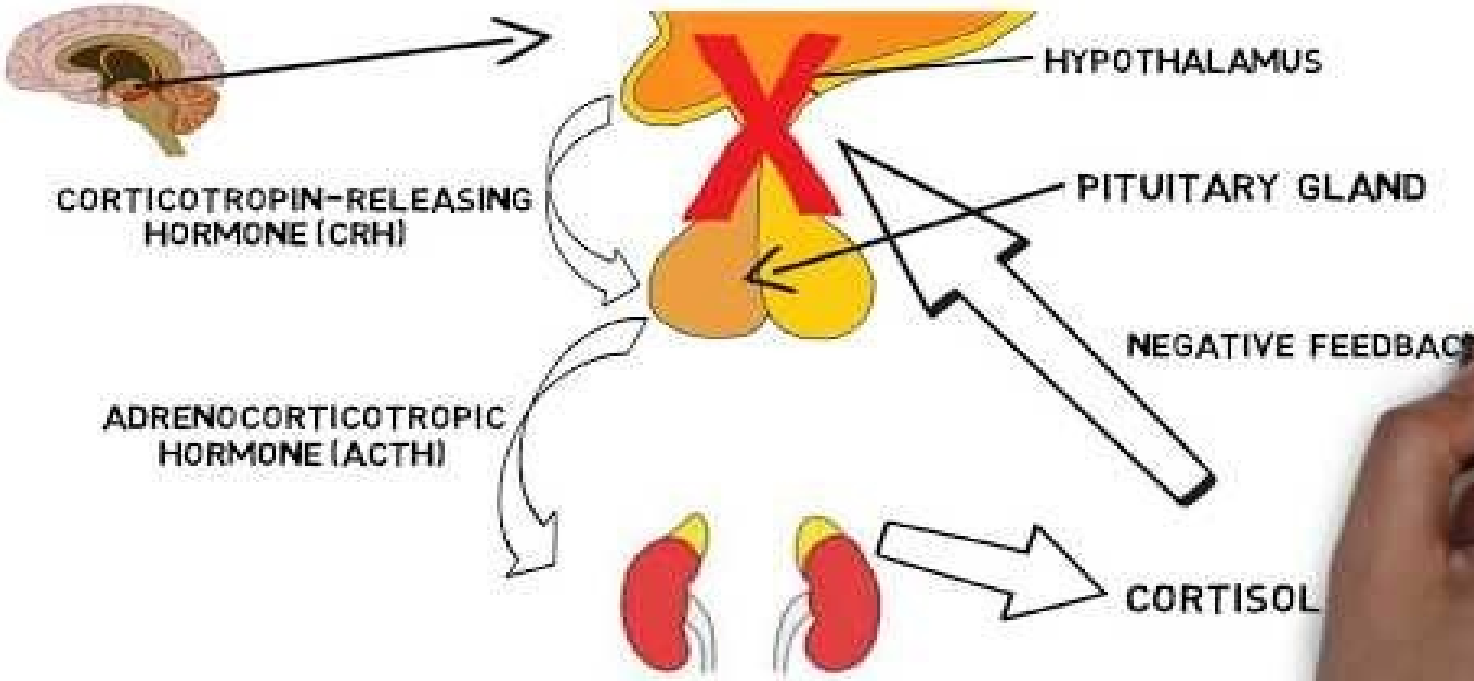
POH

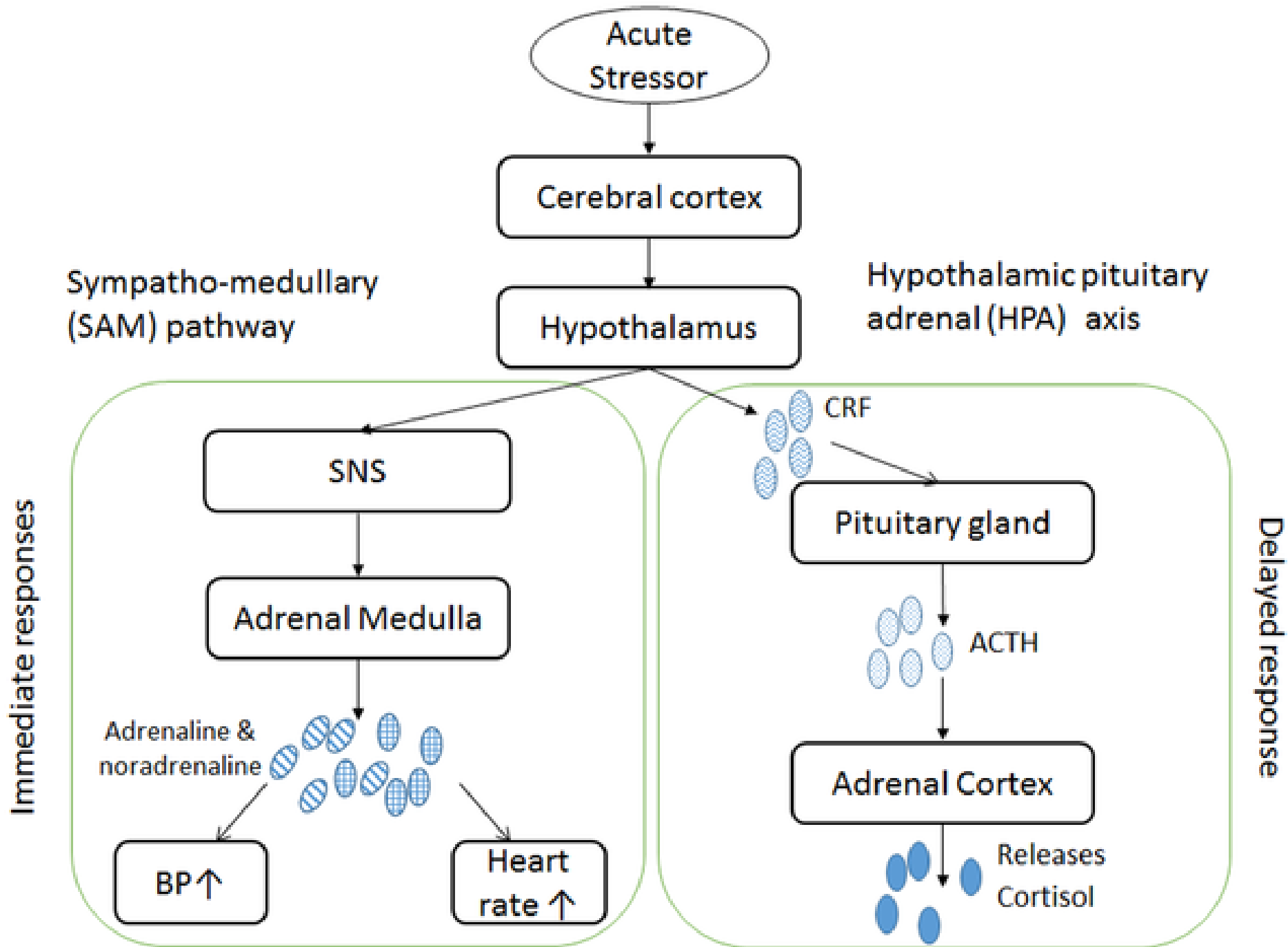
concentration

ADRENAL STRESS RESPONSE

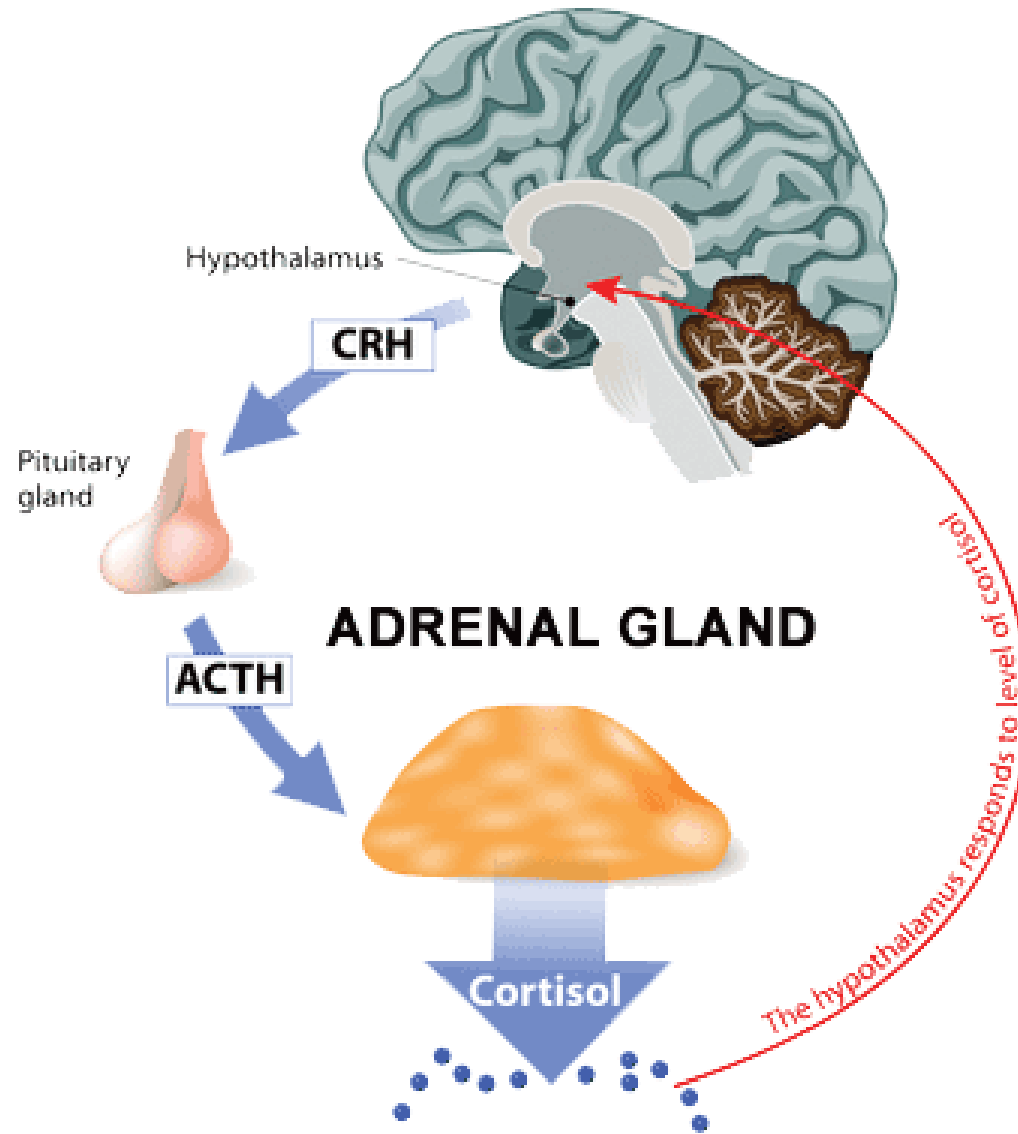


HPA Axis





ADRENAL STRESS RESPONSE



- * Blood Sugar
- * Immune Response
- * Blood Pressure
- * Nervous System

The Limbic System

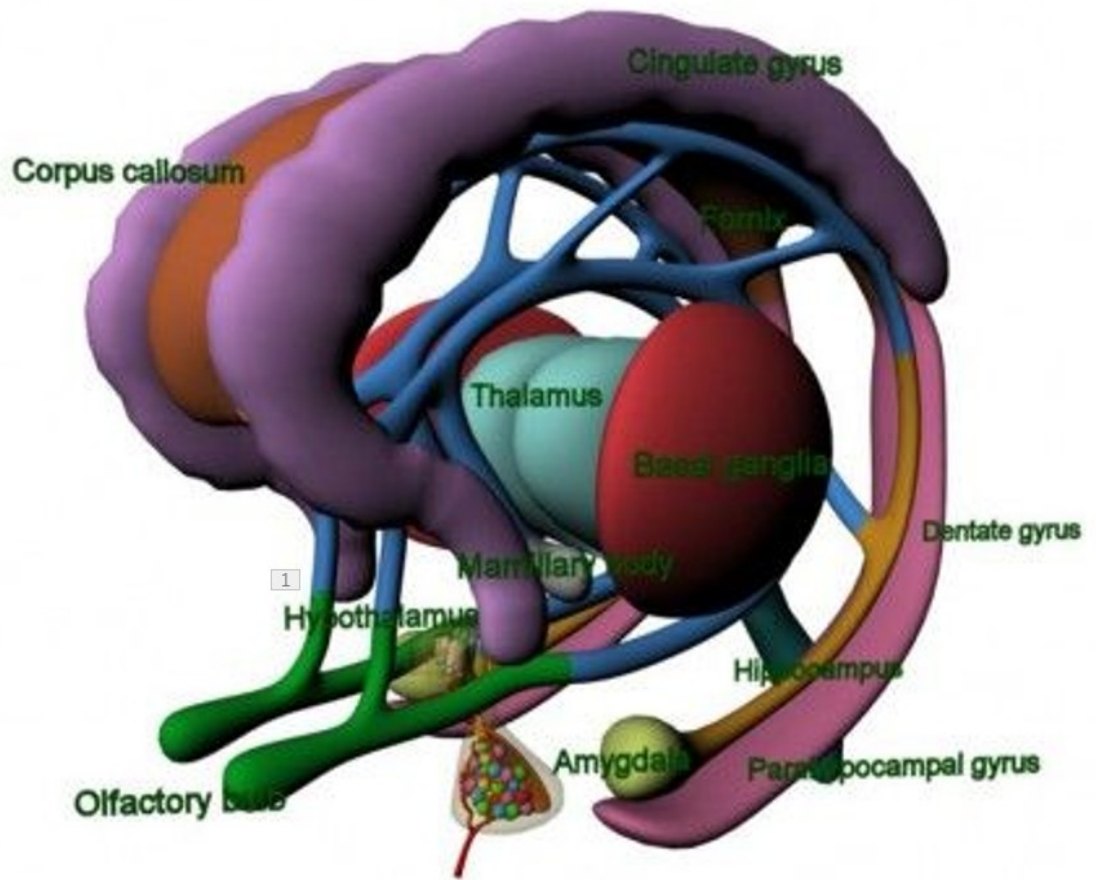
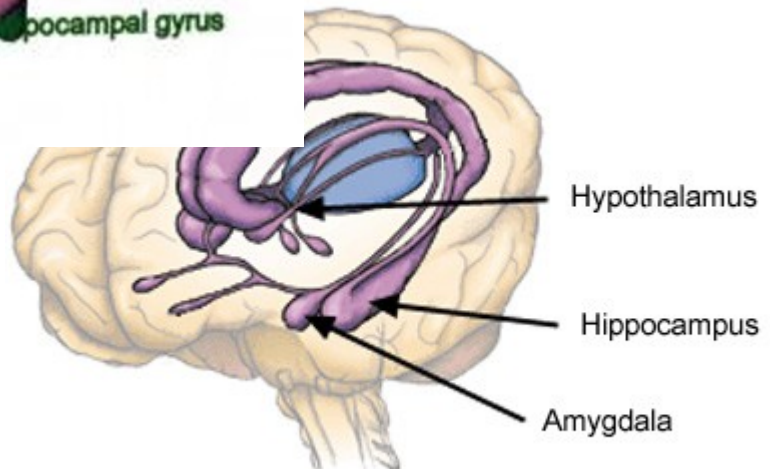
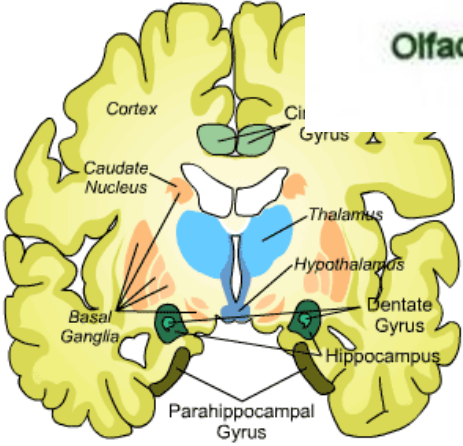


Figure AB-17: Limbic System (Cross-Section)





How stress affects your body



How stress affects your brain



... link between stress and memory



Sharon Horesh Bergquist | TED-Ed: **How stress affects your body**

Madhumita Murgia | TED-Ed: **How stress affects your brain**

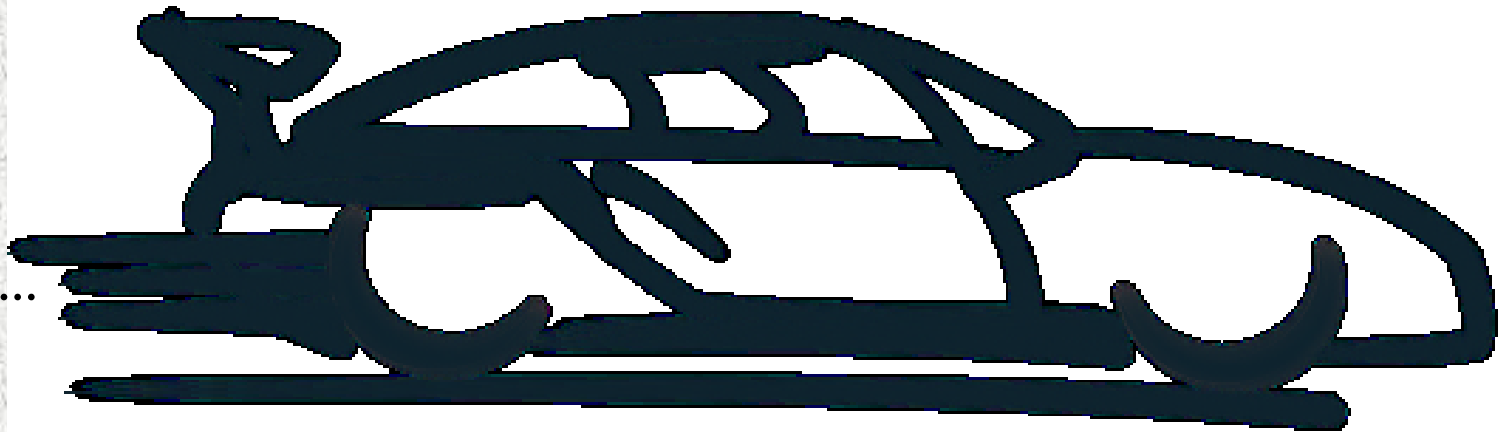
Elizabeth Cox | TED-Ed: **The surprising link between stress and memory**

STRESS

not only super fast ...

... but unpredictable, chaotic

is super fast ...



STRECK



super fast ...

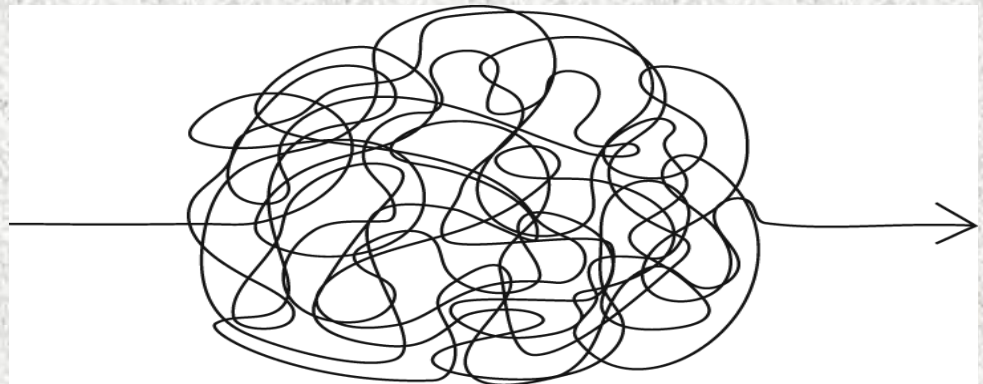


STRESS

fast ...



chaotic ...

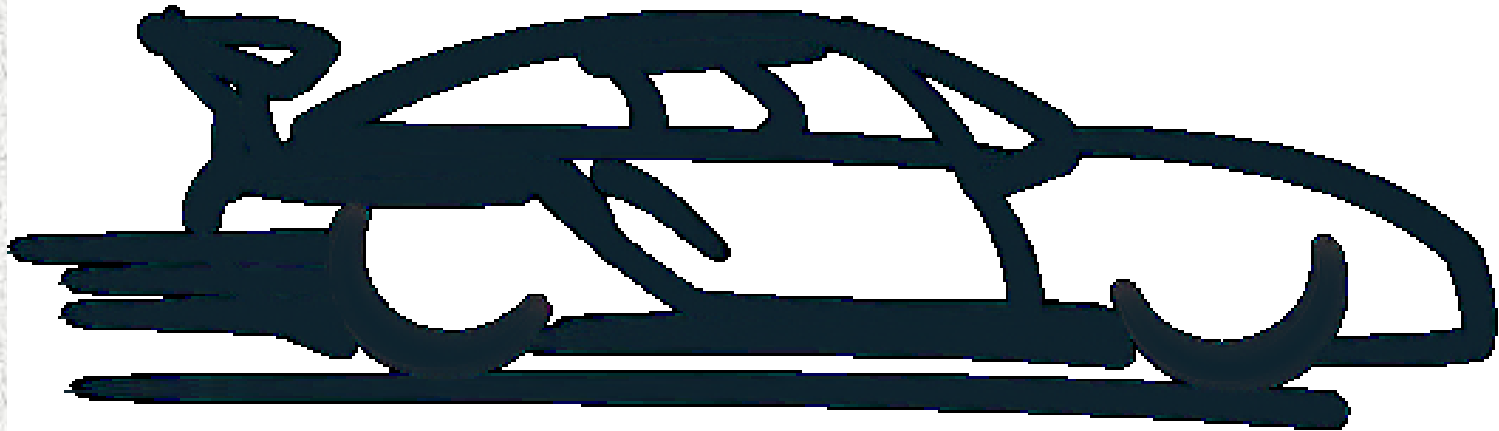




... and super wastful...

... requires lots of energy ...

super fast ...



STRESS

STRESS

EU x DI



ACUTE x CHRONIC

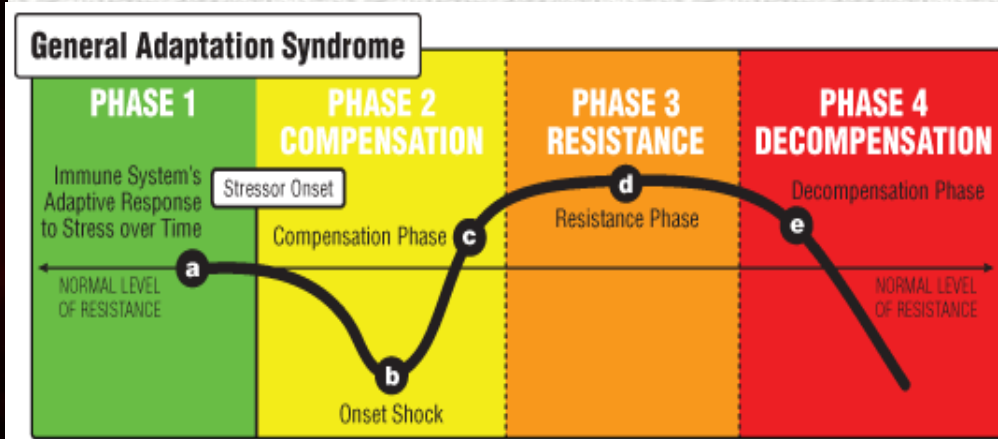
HYPER x HYPO



STRESS

STRESS

EU x DI

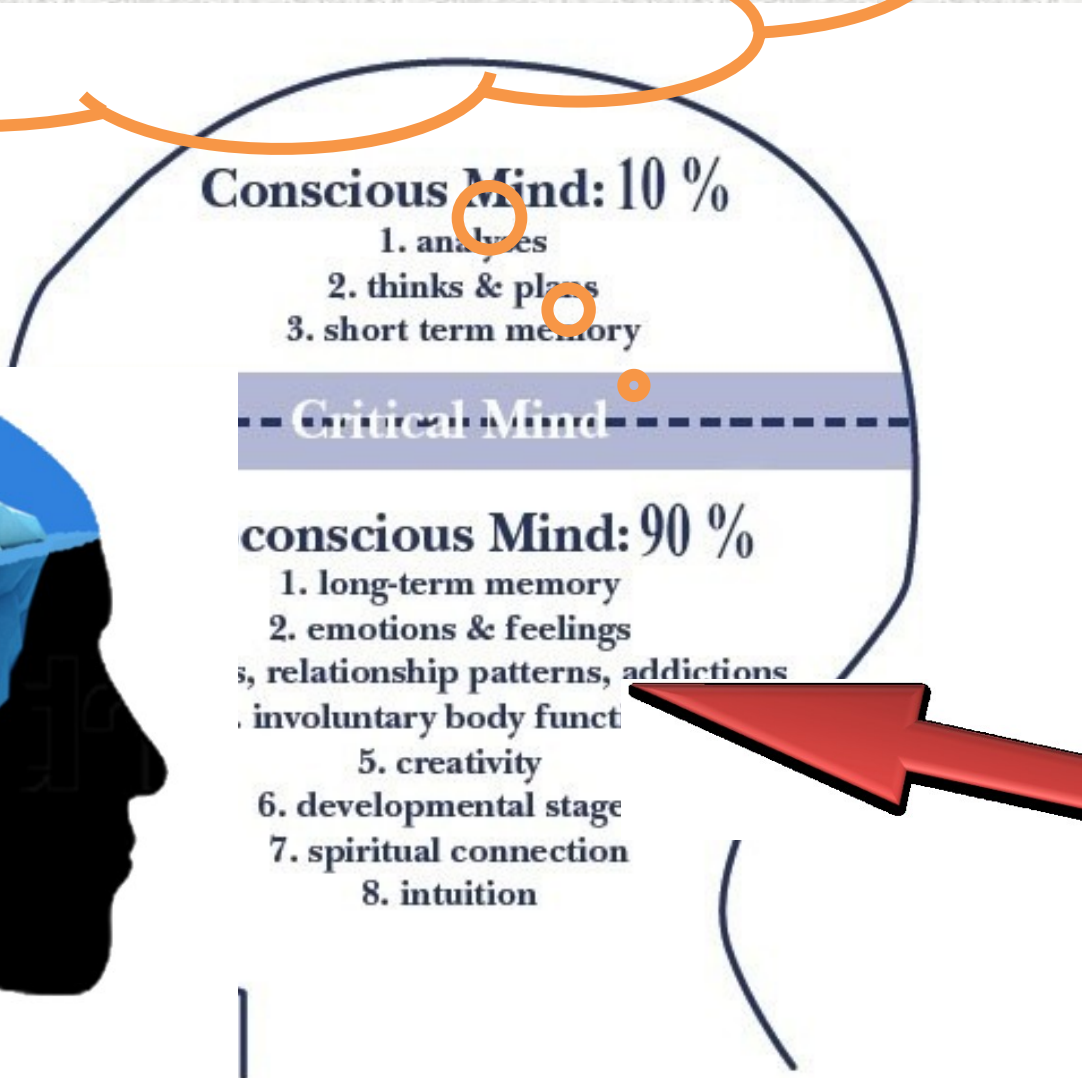
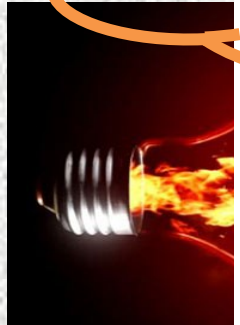


HYPER x HYPO

STRESS

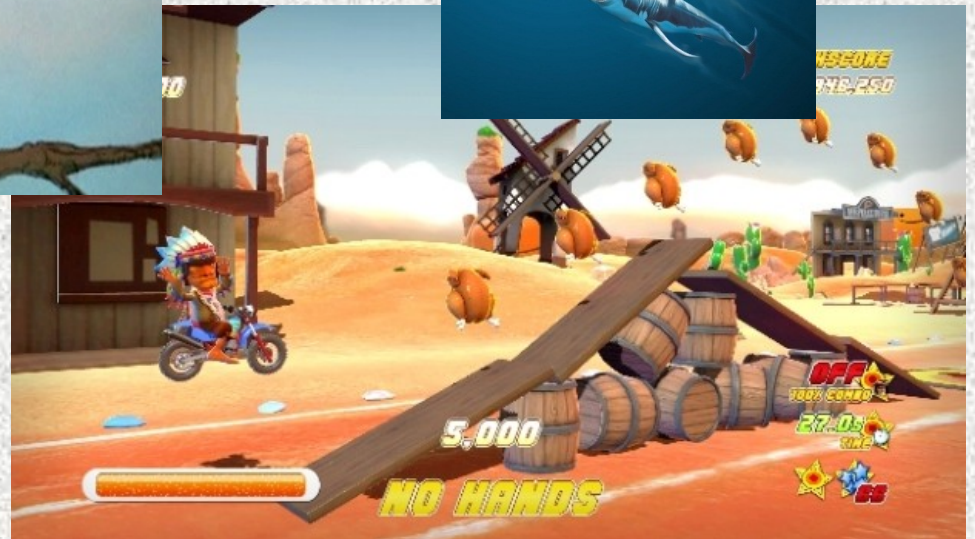
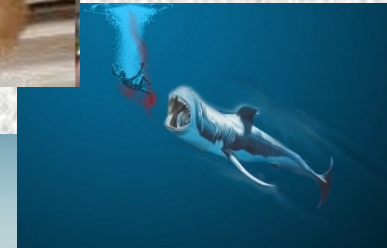
STRESS

ACUTE x CHRONIC



HYPO

Acute Stress(ors)

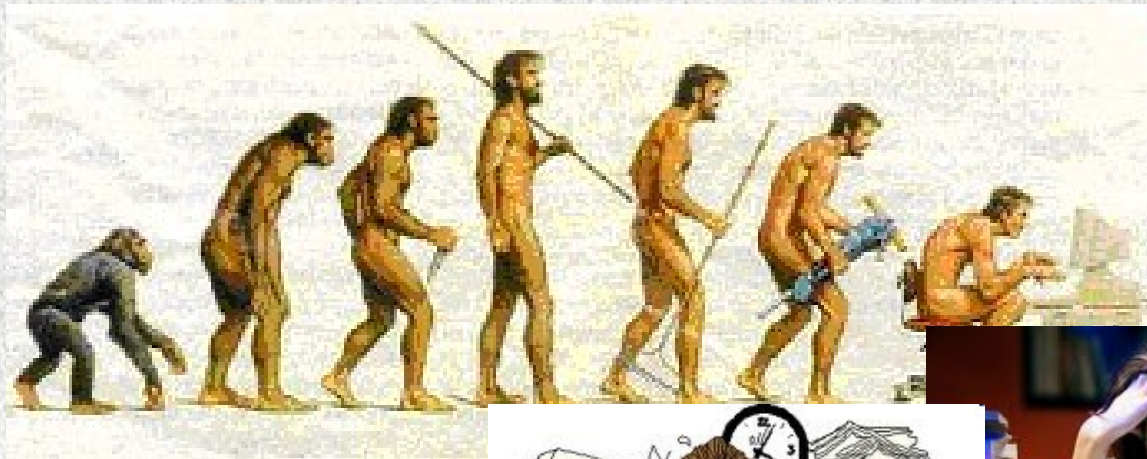


Short-Term; quick decisive action required for survival

Chronic Stress(ors) = Long term, Persistent

Physical, Emotional, Sexual Abuse
Poverty, Malnourishment

Demanding Job
Depression, Anxiety



THERE ARE ONLY
TWO TIMES
I FEEL STRESS:
 
DAY AND NIGHT.

More of Energy?

Just EFFECTIVITY!





Dealing with Stress

Coping

Well-Being

Work-Life Balance
Study-Life Balance

Fight or Flight

In the 1915, **Walter Cannon** recognized that the autonomic nervous system is activated in response to stress and suggested that stress mobilizes the body's responses in readiness for either attacking (**fight**) or flying (**flight**) an enemy or threatening situation.

Although such responses may have promoted survival when they evolved in human history, they are not productive given the longer periods of stress exposure common in modern life. Such enterprises as keeping a job, going to school, and playing on the soccer team require more complex responses.

Fight or Flight

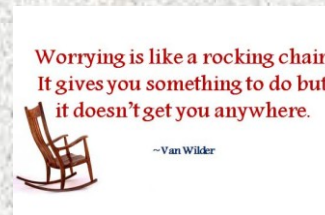
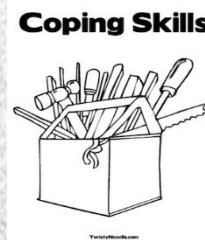
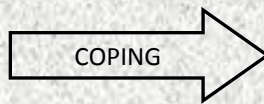
- Walter B. Cannon (1915)
- Four stages:
 - Stage one: Stimulus
 - Stage two: Threat determination
 - Stage three: Arousal
 - Stage four: Return to homeostasis

Effects of stress

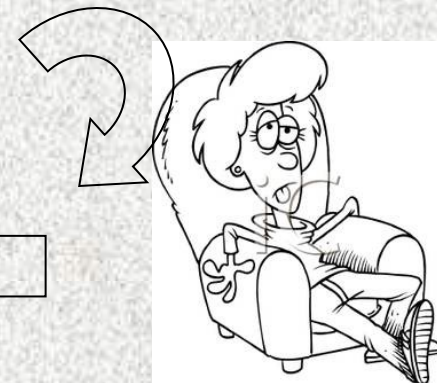
STRESSORS



POOR DIET
NO EXERCISE
NEGATIVE THOUGHTS
...

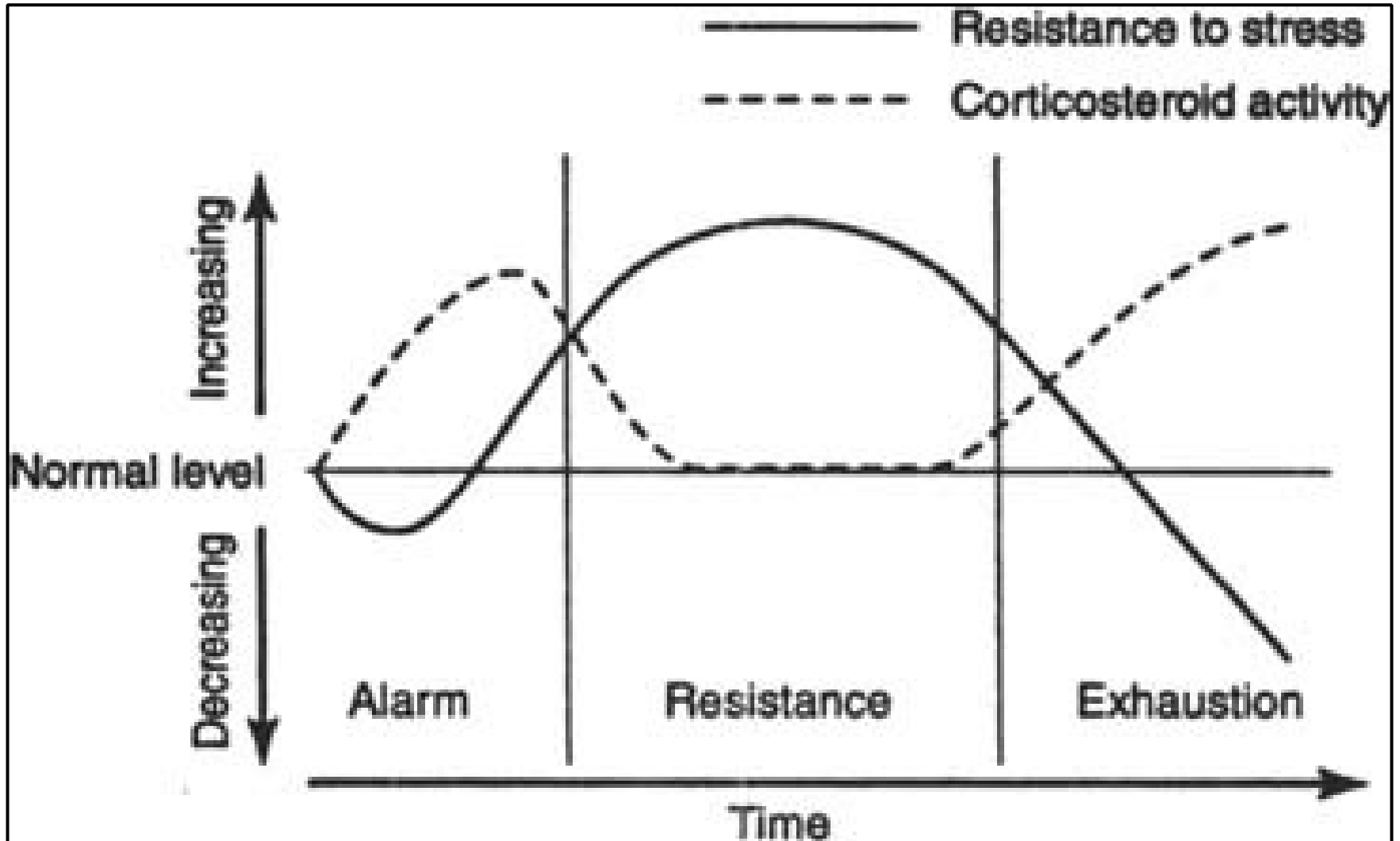


RELAXATION
Active / Passive



GAS

The general adaptation syndrome. Hans Selye

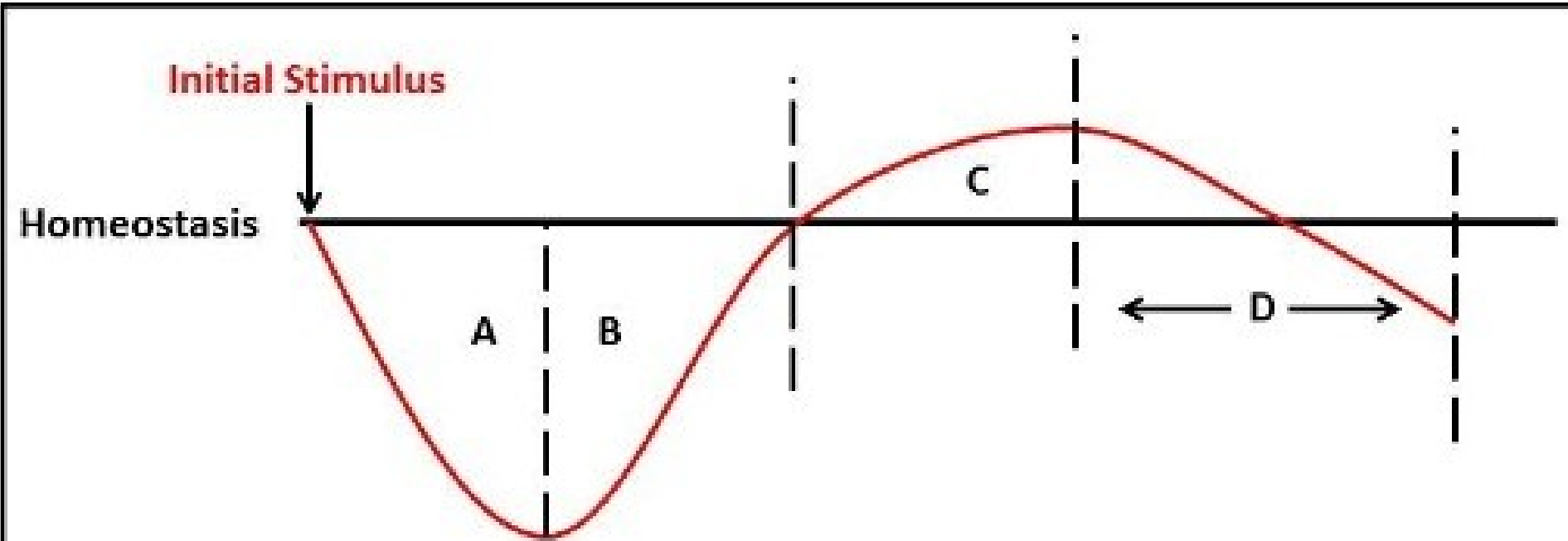


GAS

Alarm: The body first organizes physiological responses (similar to fight/flight resp.) to threat.

Resistance: Stress-activated responses continue, stabilizing the body's adaptations to stress.

Exhaustion: The body has depleted its reserves and can no longer maintain responses to the stressors.



Legend:

A = Alarm Phase

B = Resistance Phase

C = Supercompensation Phase

D = Exhaustion or Detraining Phase

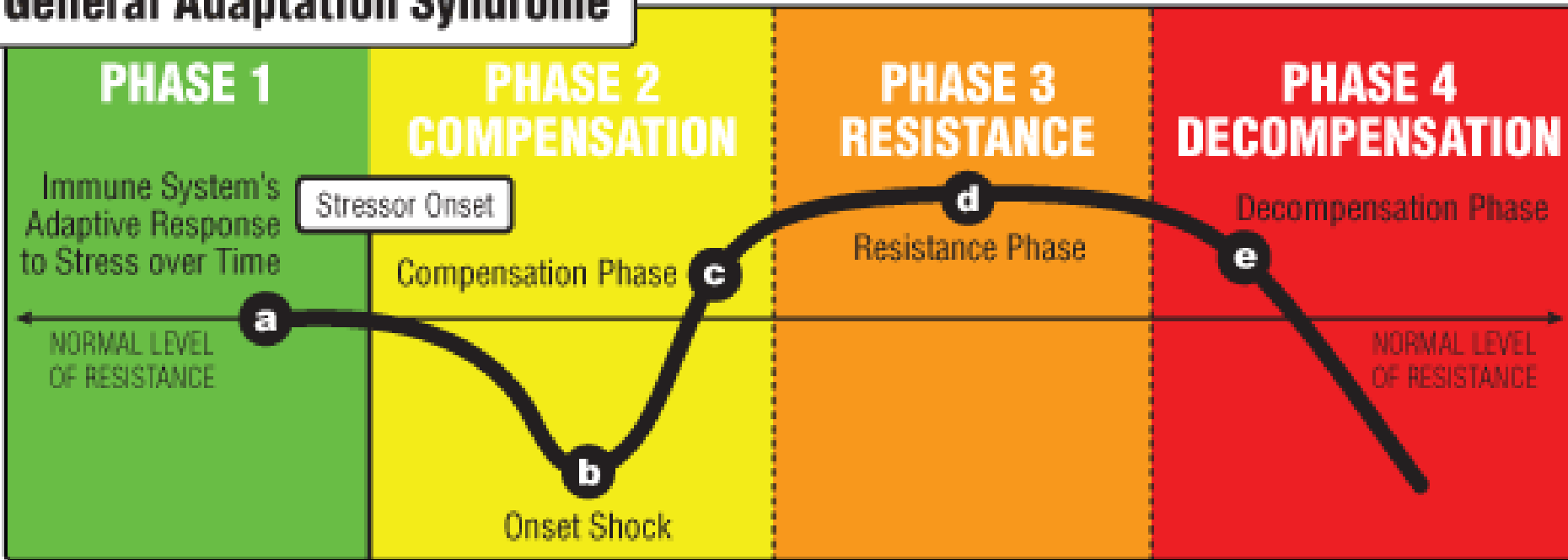
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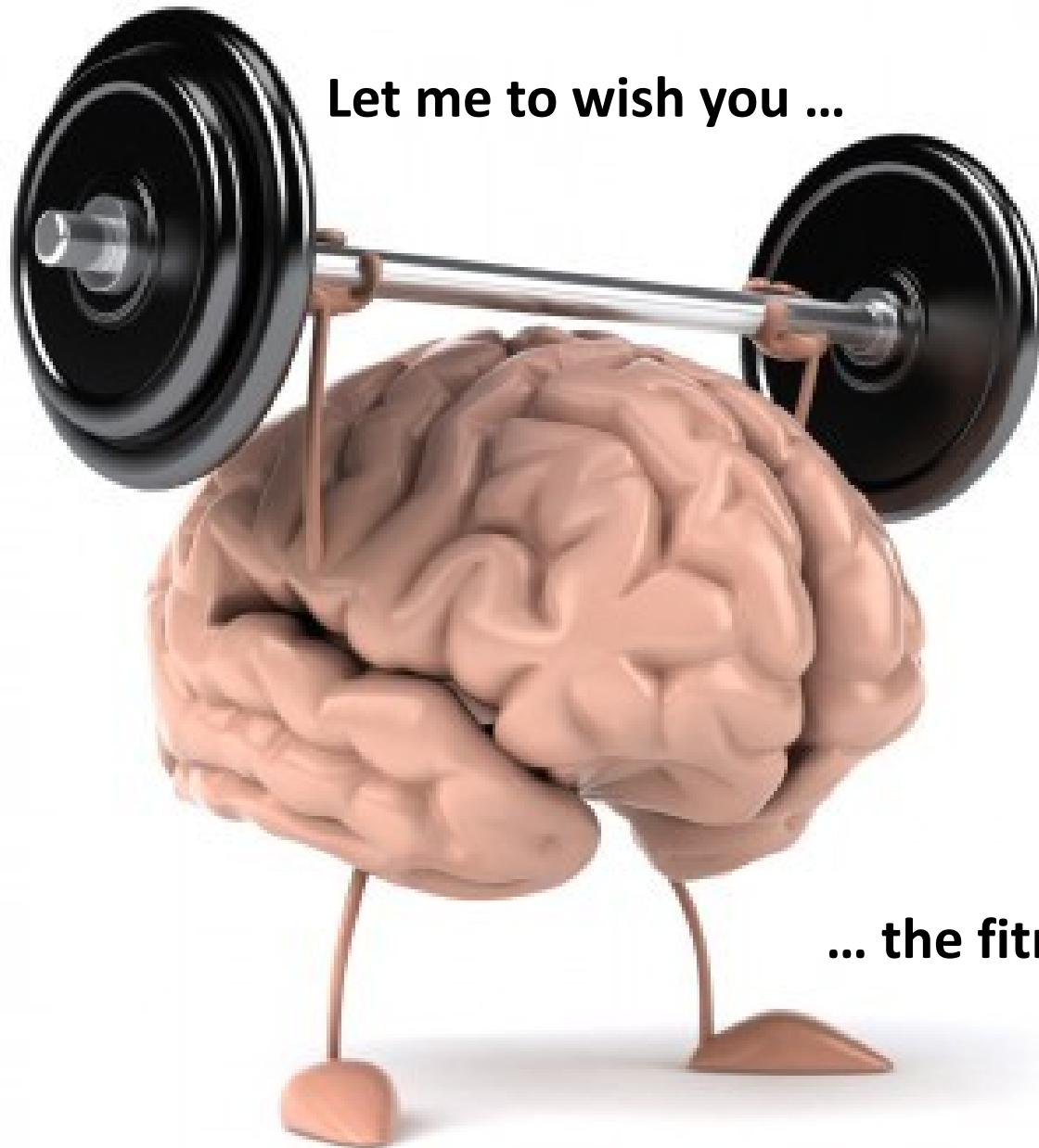
Exhaustion: The body has depleted its reserves and can no longer maintain responses to the stressors.

General Adaptation Syndrome



and other opiate drugs used in the modulation of pain.

Let me to wish you ...



... the fitness of the brain ...