

STRESS & COPING

LESSON 10

CH 12

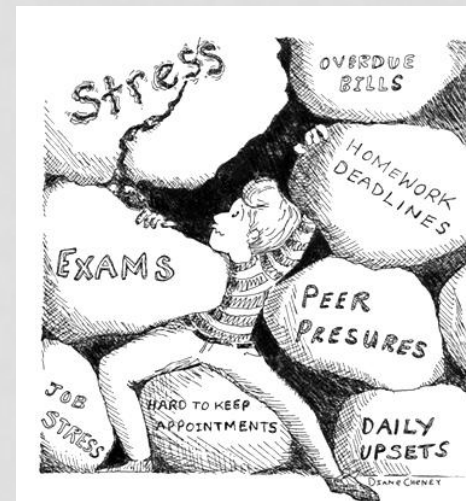
College Undergraduate Stress Scale

<https://coc.instructure.com/courses/12237/files/1307121/download?verifier=IAqv5RFHrtuqpBT4YXtEklg80YfnciXCqJYhp9tJ&wrap=1>

How does your total compare to the mean stress rating of 1, 247?

What additional stressors do you think should be included so that it matches your college experience?

How do you cope with stress?



Life Changes

- Change is stressful.
 - death, marriage, divorce, loss of job, having children, retirement, first day of college, etc.



STRESS

- Negative emotional state in response to events that we perceive as taxing
- Stressors—events that are perceived as harmful, threatening, or challenging
- Daily hassles—everyday minor events that annoy and upset people

THE BEST STRESS TEST

- <https://www.youtube.com/watch?v=izS9I04Frr8>



SOCIAL AND CULTURAL SOURCES OF STRESS

- Social conditions that promote stress
 - poverty, racism, discrimination, crime
 - lowest SES tend to have highest levels of stress
 - Subtle racism called microaggressions



<https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-away>

SOURCES OF CHRONIC STRESS

- Crowding, crime, unemployment, inadequate healthcare, substandard housing
- Daily hassles more common in poverty-stricken neighborhoods
- People in low SES have higher rates of distress and illness, more stress hormones produced

STRESS VARIABLES



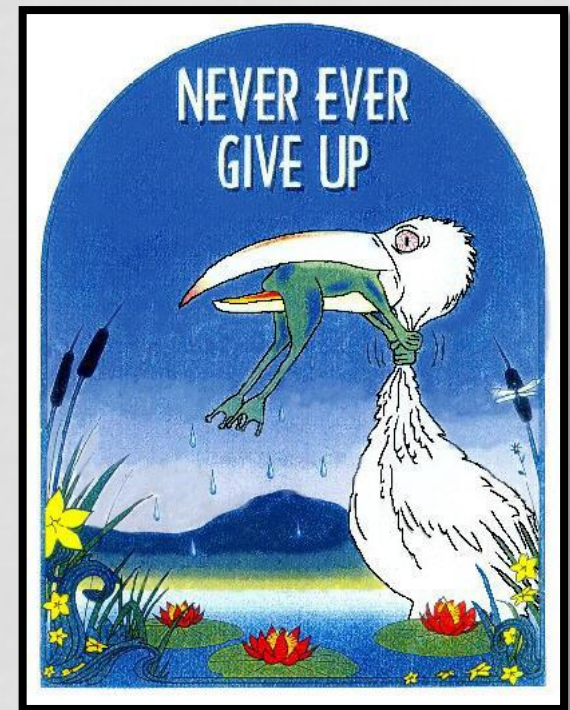
- Women more likely to become upset by negative events, and show more work-family spillover



- Minor stressors can build up and become cumulative.

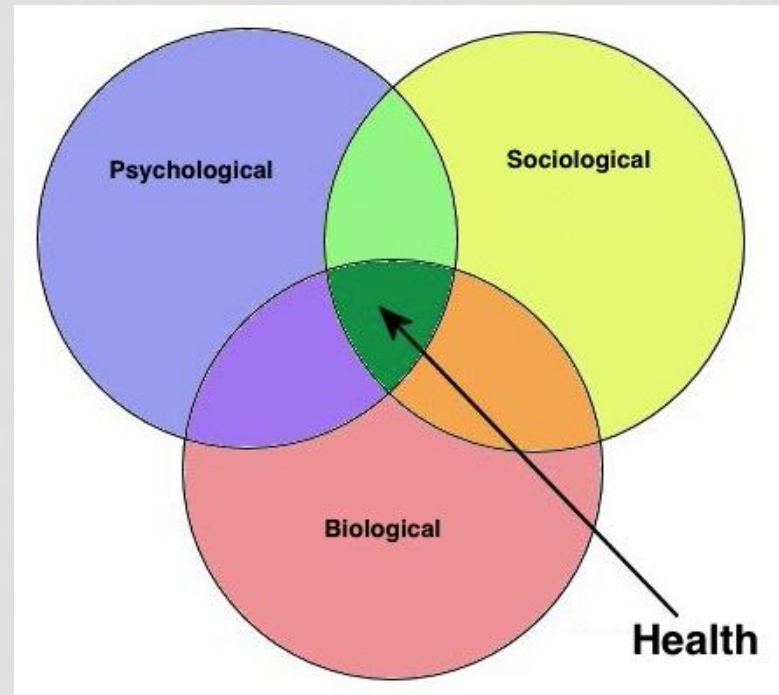
RESPONSE TO STRESS

- Psychological Factors
 - Perception of control
 - Explanatory style
 - Chronic negative emotions
 - Hostility
- Social Factors
 - Outside resources
 - Friends and family
 - Positive relationships

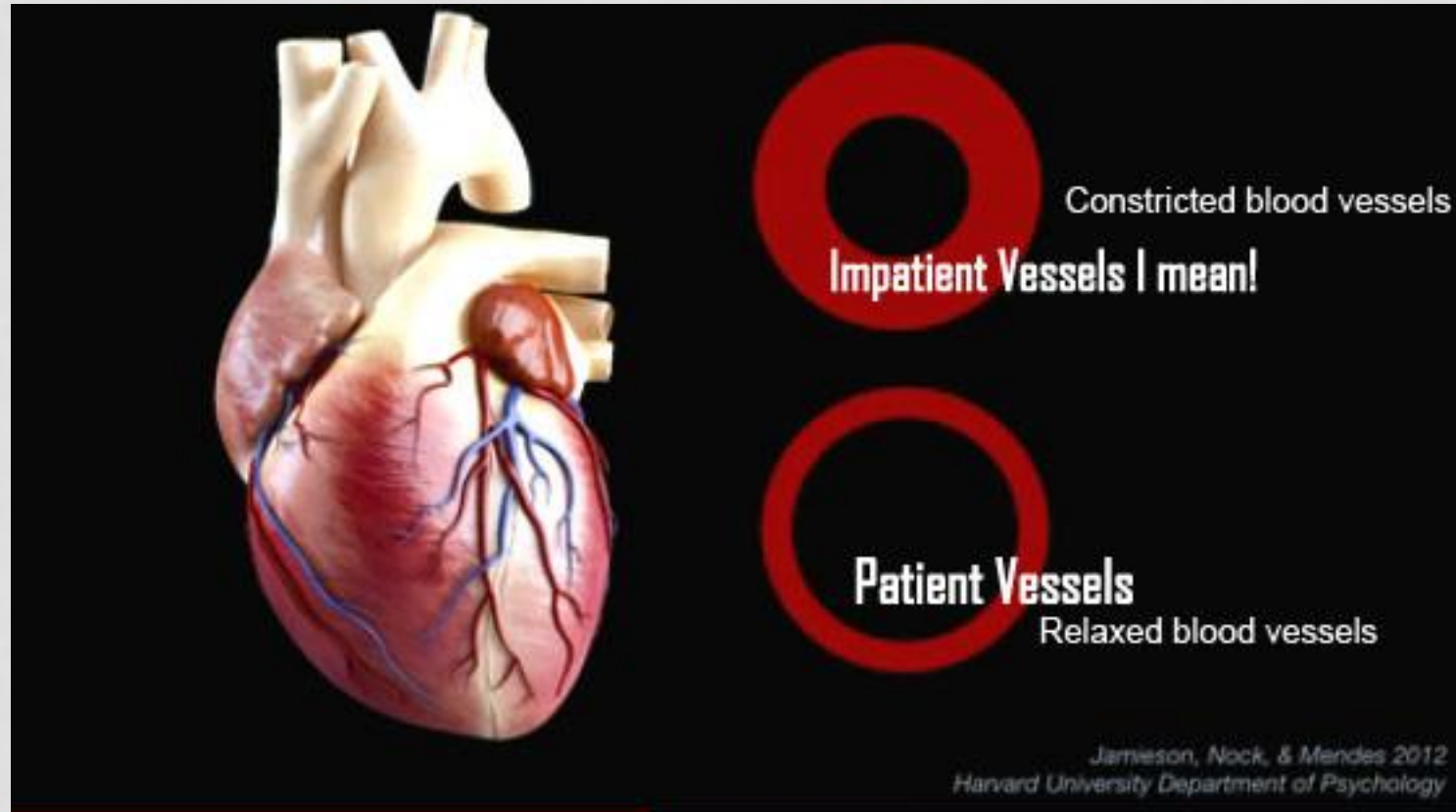


BIOPSYCHOSOCIAL MODEL OF HEALTH

- Health psychology
 - study of how psychological factors influence health, illness, and health-related behaviors
- Biopsychosocial model
 - physical health and illness are determined by interaction of biological, psychological, and social factors



HOW TO MAKE STRESS YOUR FRIEND



<https://www.youtube.com/watch?v=RcGyVTAoXEU>



STRESS, PERSONALITY, AND HEART DISEASE



- Habitually grouchy people = poorer health outcomes.
- Chronic negative emotions = negative effect on immune system.
- More anxious, depressed, angry and hostile = arthritis and heart disease.

<http://www.youtube.com/watch?v=JVxfcE4F9Xo>

TYPE A VS. TYPE B PERSONALITY

- Type A

- react more intensely to stressors
- time urgency
- intense ambition and competitiveness
- general hostility
- associated with heart disease ??

- Type B

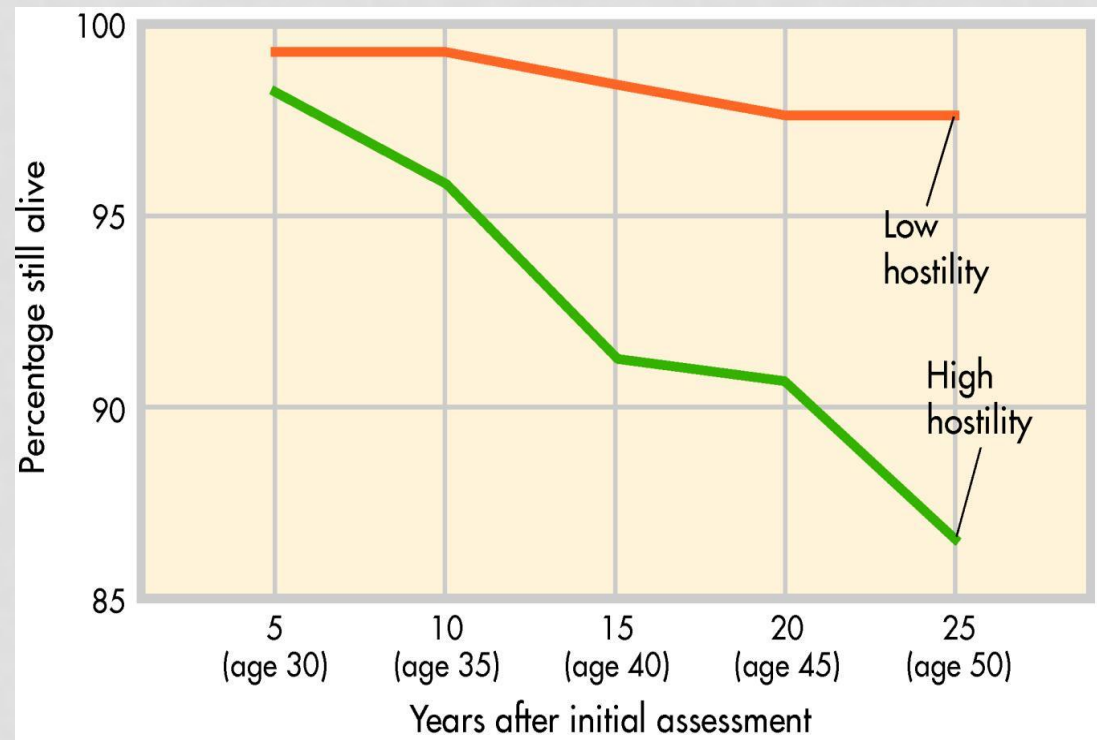
- more easygoing
- not associated with heart disease



<https://www.youtube.com/watch?v=MZYZSPClzv4>

RESEARCH ON TYPE A PERSONALITY

- Time urgency and competitiveness not associated with poor health outcomes.
- Negative emotions, anger, aggressive reactivity
- High levels of hostility increase chance of all disease (eg, cancer)



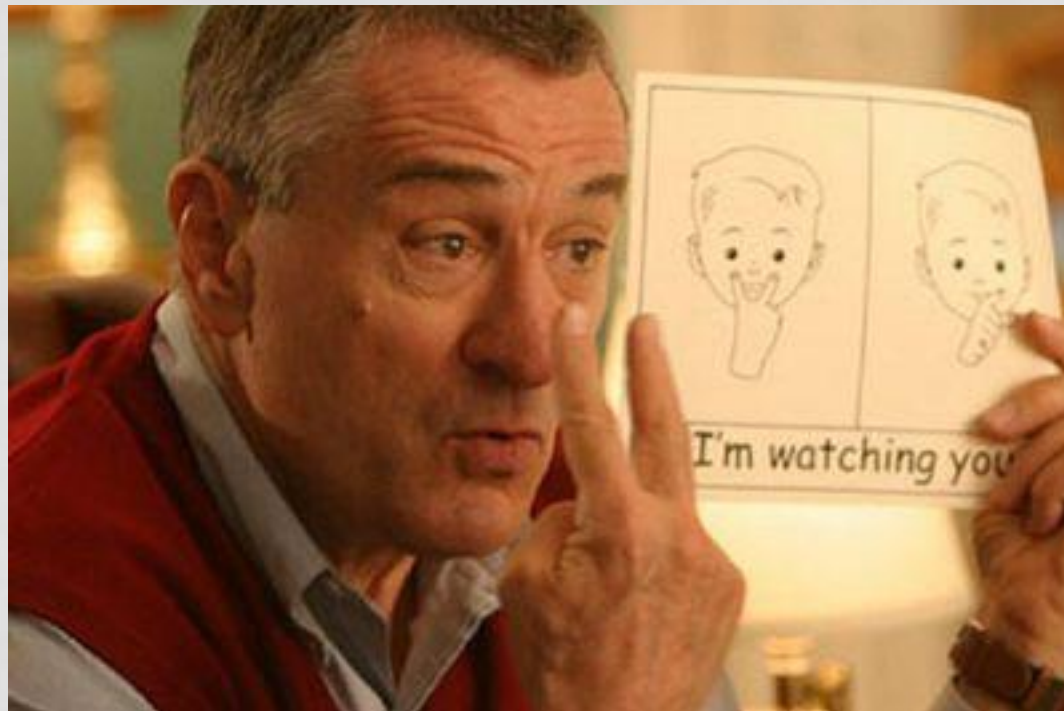
ARE YOU TOO HOSTILE?

- I often get annoyed at checkout cashiers or the people in front of me when I'm waiting in line.



TRUE OR FALSE?

- I usually keep an eye on the people I work or live with to make sure they do what they should.



TRUE OR FALSE?

- I often wonder how homeless people can have so little respect for themselves.



TRUE OR FALSE?

- I believe that most people will take advantage of you if you let them.



**I AM NOT YOUR
DOORMAT**

TRUE OR FALSE?

- The habits of friends or family members often annoy me.



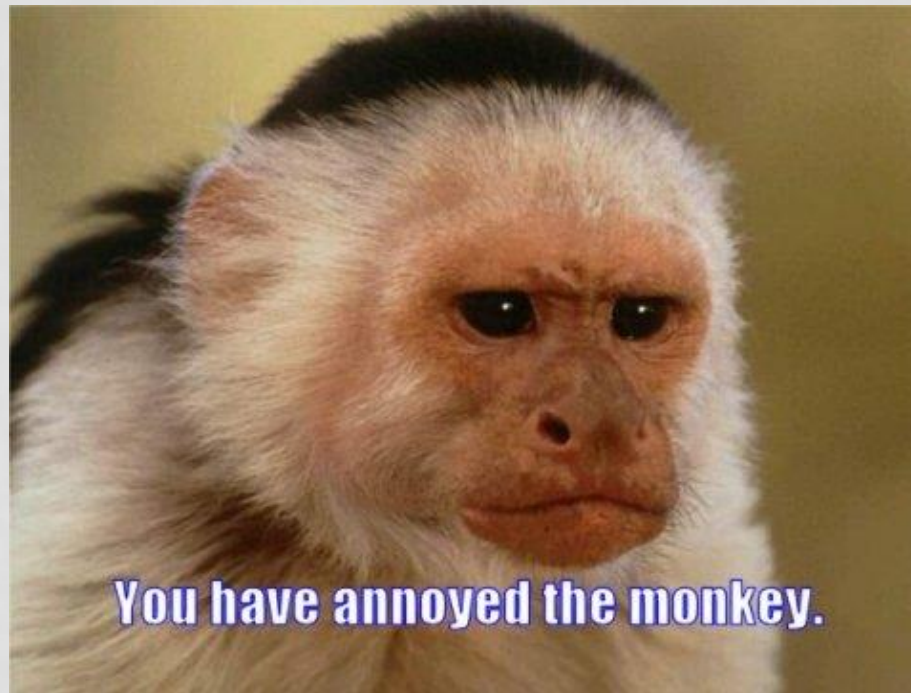
TRUE OR FALSE ?

- When I am stuck in traffic, I often start breathing faster and my heart pounds.



TRUE OR FALSE?

- When I'm annoyed with people, I really want to let them know it.



TRUE OR FALSE?

- If someone does me wrong, I want to get even.



**don't get
mad... get
*EVEN***

TRUE OR FALSE?

- I'd like to have the last word in any argument.



TRUE OR FALSE?

- At least once a week, I have the urge to yell at or even hit someone.



5 OR MORE TRUES? CONSIDER THE FOLLOWING SUGGESTIONS...

- Keep a diary
- Scrutinize your attitudes
- Think before seething
- Search for solutions rather than culprits
- Let go of resentments



PERCEIVED CONTROL

- Sense of control decreases stress, anxiety, and depression
- Perceptions of control must be realistic to be adaptive

Figure 1: Locus of Control

External
Locus of Control



Outcomes outside your control – determined by "fate" and independent of your hard work or decisions

Internal
Locus of Control

Outcomes within your control – determined by your hard work, attributes or decisions

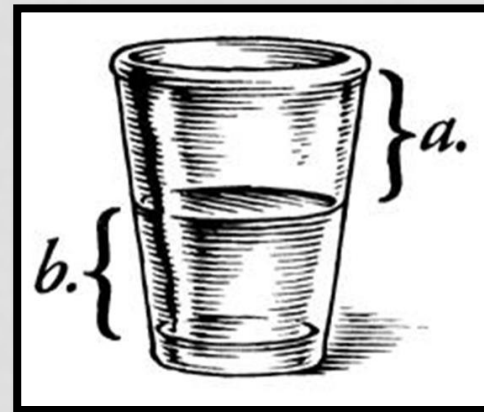
EXPLANATORY STYLE

- Optimism

- use external, unstable, and specific explanations for negative events
- predicts better health outcomes

- Pessimism

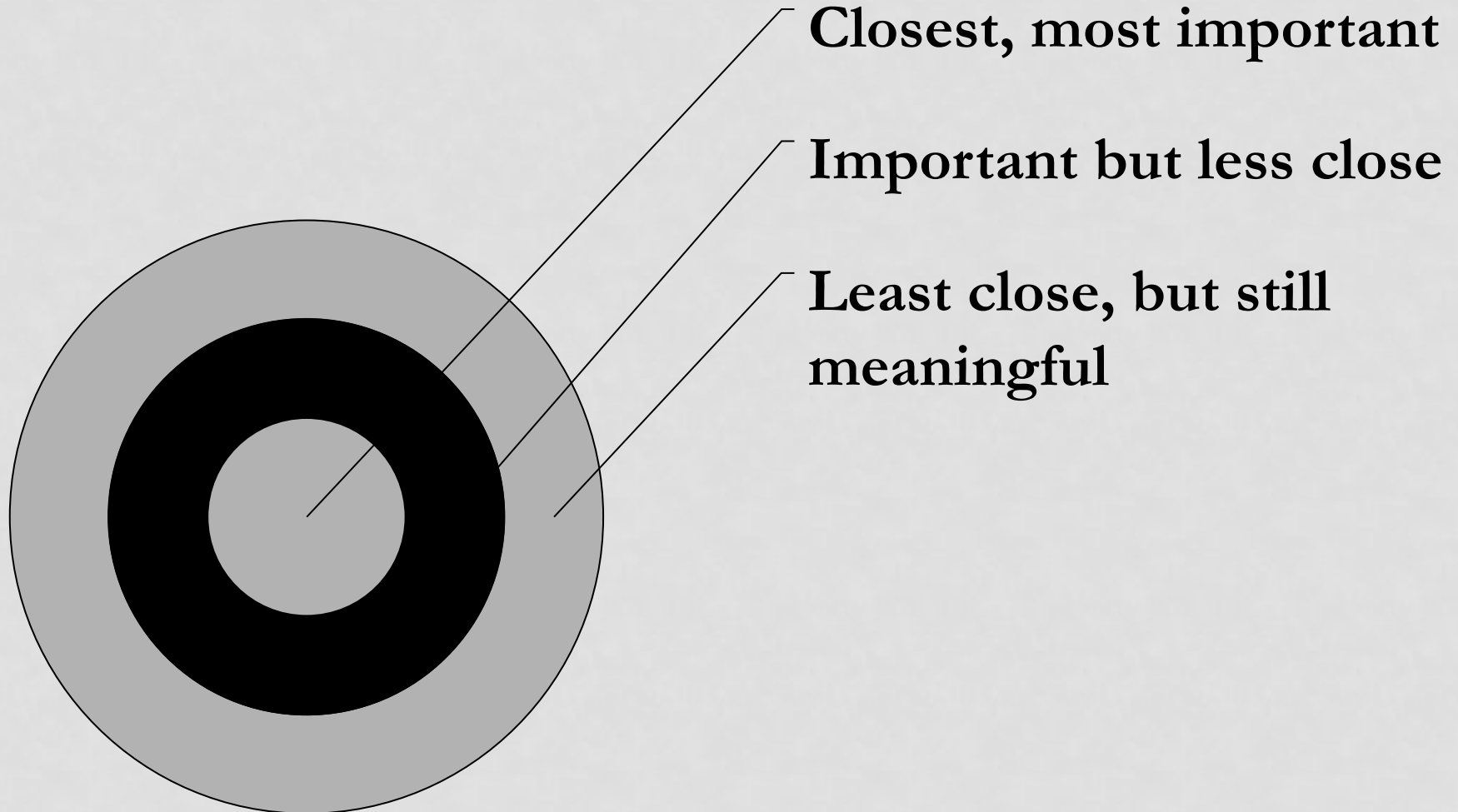
- use internal, stable, and global explanations for negative events
- predicts worse health outcomes



EXPLANATORY STYLES RESULTS

- Take one of the fooling tests to consider your level of optimism:
 - <http://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html>
 - http://stress.about.com/library/optimismquiz/bl_15optimism_quiz.htm
 - <http://whyoptimism.com/optimism/test-quiz-page/>
 -
- After completing the test consider how to avoid being overly optimistic or pessimistic.
- **Seligman Found to be more optimistic try:**
 - **View setbacks as temporary**
 - Don't use words like "never" and "always".
 - **Don't take everything personally**
 - You may be blaming yourself for events you can't control.
 - **Recognize that beliefs aren't facts**
 - Don't assume your negative thoughts about yourself are true.
 - **Play detective with yourself.**
 - Most negative thoughts are distortions so challenge them.
 - **Don't be a Pollyanna**
 - Don't be blindly optimistic, focus on why and what can be done better next time.

A PERSON'S SOCIAL NETWORK



SOCIAL NETWORKS

Those with diverse social networks shown to have:

- greater resistance to upper respiratory infections
- decreased risk for recurrence of cancer
- lower incidence of dementia

“Diverse social networks” = different *types* of relationships

- Being married
- Having different types of close relationships
- Belonging to social, political, religious groups



SOCIAL FACTORS PROMOTING HEALTH



Social support

resources provided by others in times of need

- **Emotional**
 - expressions of concern, empathy, positive regard
- **Tangible**
 - direct assistance, such as lending money, providing meals
- **Informational**
 - such as making good suggestions, advice, good referrals

COPING

- Behavioral and cognitive responses used to deal with stressors
- Involves efforts to change circumstances, or our interpretation of them to make them more favorable and less threatening.



EXPLORATORY WRITING # 7

- Create a Superhero to represent material from chapter 12. Think of the many factors we discussed and name your superhero. What powers does your superhero have? What weakness does your superhero have? What does your superhero fight against?
- Be specific, not vague (ex. Don't simply say my superhero fights stress).

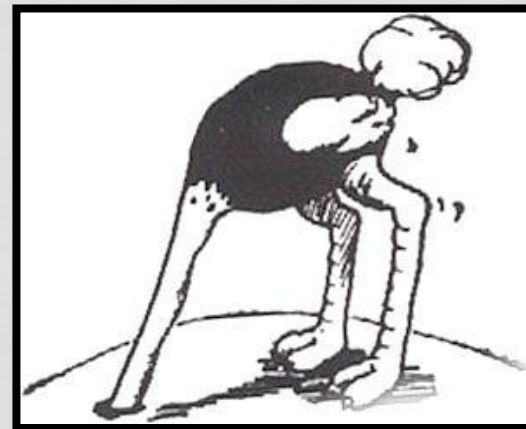


COPING

- Problem-focused coping
 - managing or changing the stressor
 - use if problem seems alterable
 - confrontive coping
 - planful problem solving
- Emotion-focused coping
 - try to feel better about situation
 - use if problem out of our control

EMOTION-FOCUSED COPING STRATEGIES

- **Escape-avoidance**—try to escape stressor
- **Distancing**—minimize impact of stressor
- **Denial**—refuse to acknowledge problem exists



EMOTION-FOCUSED COPING STRATEGIES

- **Wishful thinking**—imagining stressor is magically gone
- **Positive reappraisal**—minimize negative, emphasize positive
- **Downward comparison**—compare self with those less fortunate



GENDER DIFFERENCES IN STRESS

- Physiologically

- similar in terms of “fight-or-flight” response

- Behaviorally

- women and men differ
- women follow “tend and befriend” pattern
- men tend to withdraw more



ACTIVE COPING STRATEGIES

- Aerobic exercise can reduce stress, depression, and anxiety.
- More effective than relaxation treatment.

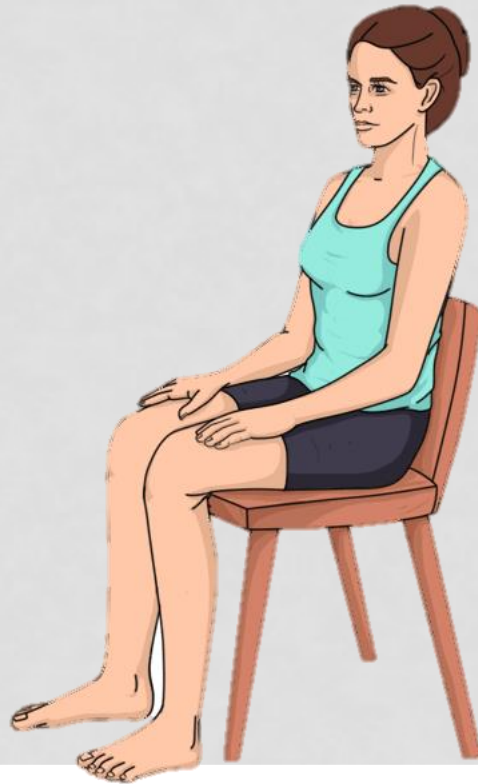


MEDITATION AND RELAXATION

- Mindfulness meditation is one technique, adapted by modern clinicians to use in a secular context.
 - *Mindfulness* refers to an approach to everyday life as well as a formal meditation technique.
 - focusing *awareness on present experience* with *acceptance*, in a nonjudgmental, non-reactive manner.
 - idea is that most psychological distress is caused by a person's *reactions* to events and circumstances.
 - proposed to foster clear thinking and open-heartedness.
 - a way to correct that habitual perspective, clearing and calming the mind in the process.

MEDITATION AND RELAXATION

- Progressive Muscle Relaxation
 - <https://www.youtube.com/watch?v=86HUcX8ZtAk>



RELAXATION TECHNIQUES

- Focus mental attention, heighten awareness, and quiet internal chatter.
- Practiced sitting quietly, sometimes with movement.
- Get comfortable, in a quiet place, sit relaxed yet upright and alert. Eyes closed, allow muscles to slowly relax.
- Focus attention on your breath as your primary object of attention, while noting whatever else arises in the field of awareness.
- Begin with a short, easily attainable goal, such as meditating for five minutes without taking a break, and slowly increase time.