



Understanding Stress

National Judicial Academy

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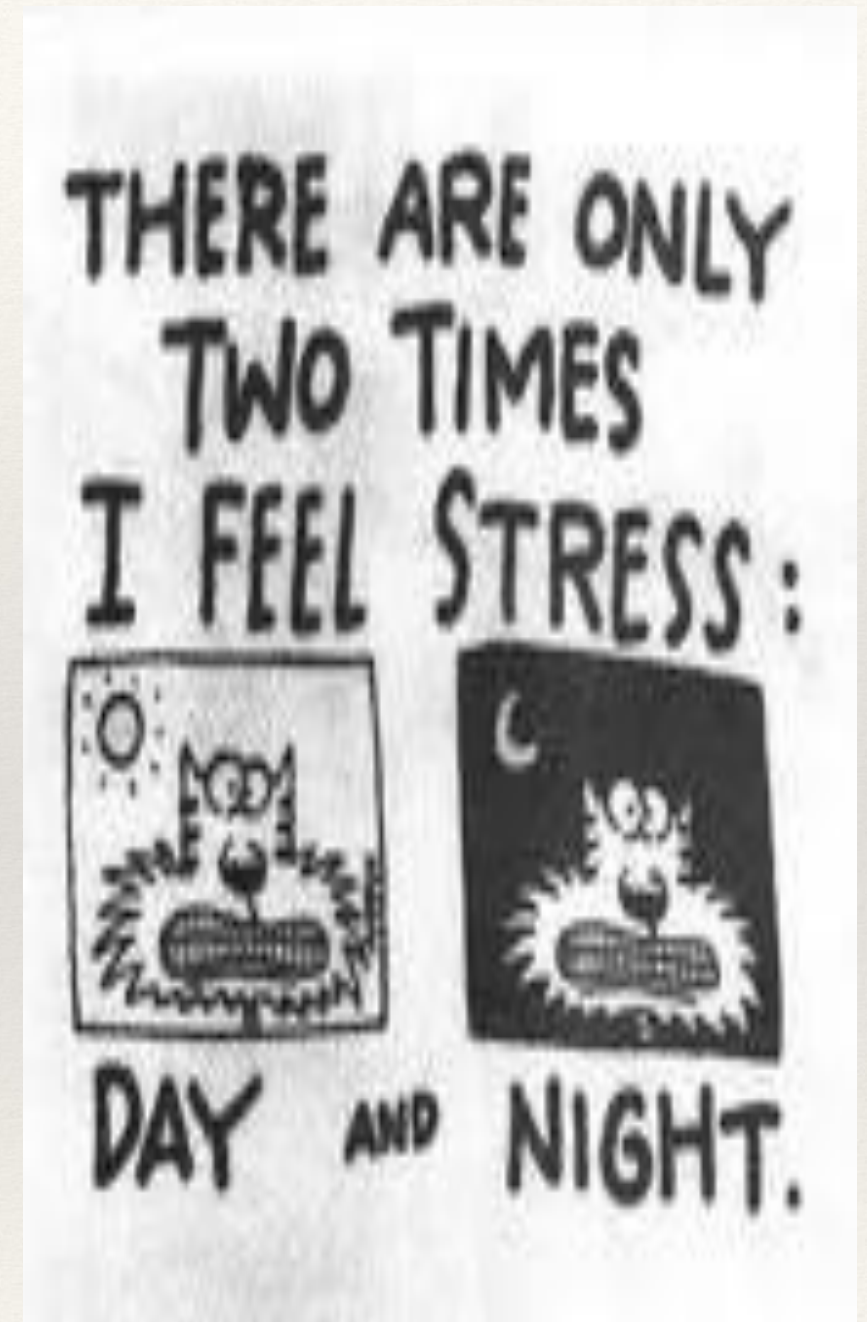


- ❖ Negative emotional experience
- ❖ Biochemical
- ❖ Physiological
- ❖ Cognitive
- ❖ Behavioural
- ❖ Predictable changes
- ❖ Results in attempts to alter the stressful event or to accommodate to its effects



Stress

- ❖ EUSTRESS – **positive** eg, promotion, marriage
- ❖ DISTRESS – **negative** eg, bereavement, loss of job
- ❖ **Stressors** are demands made by the internal or external environment that upset balance, thus affecting physical and psychological well-being and requiring action to restore balance (Lazarus & Cohen, 1977).



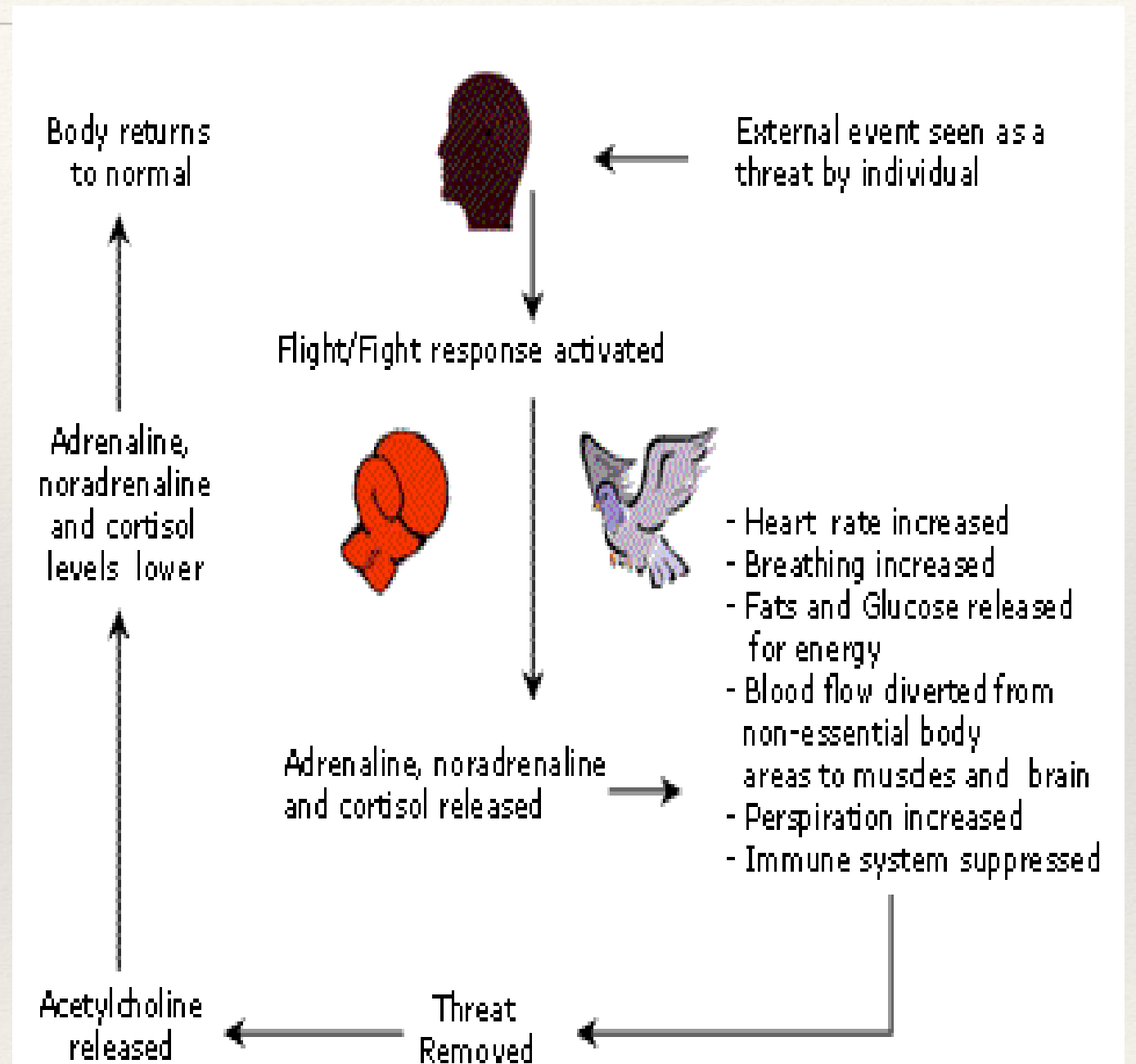
Healthy or Unhealthy Stress?

- ❖ Is the response based on a **clearly perceived and real threat** or is it based upon imagination taken to be real?
- ❖ Is the **response measured** or are we over/under-reacting?
- ❖ Does the **response assist coping** or not?
- ❖ Does it **empower us** or hinder us?
- ❖ Are our **emotions and intelligence working together** or in conflict?



Flight or Fight Response

- ❖ A natural, necessary and appropriate physiological response to a threatening situation
- ❖ Encoded into our physiology through the brain and Sympathetic Nervous System to *preserve life*
- ❖ High SNS reactivity to (perceived) stressful events



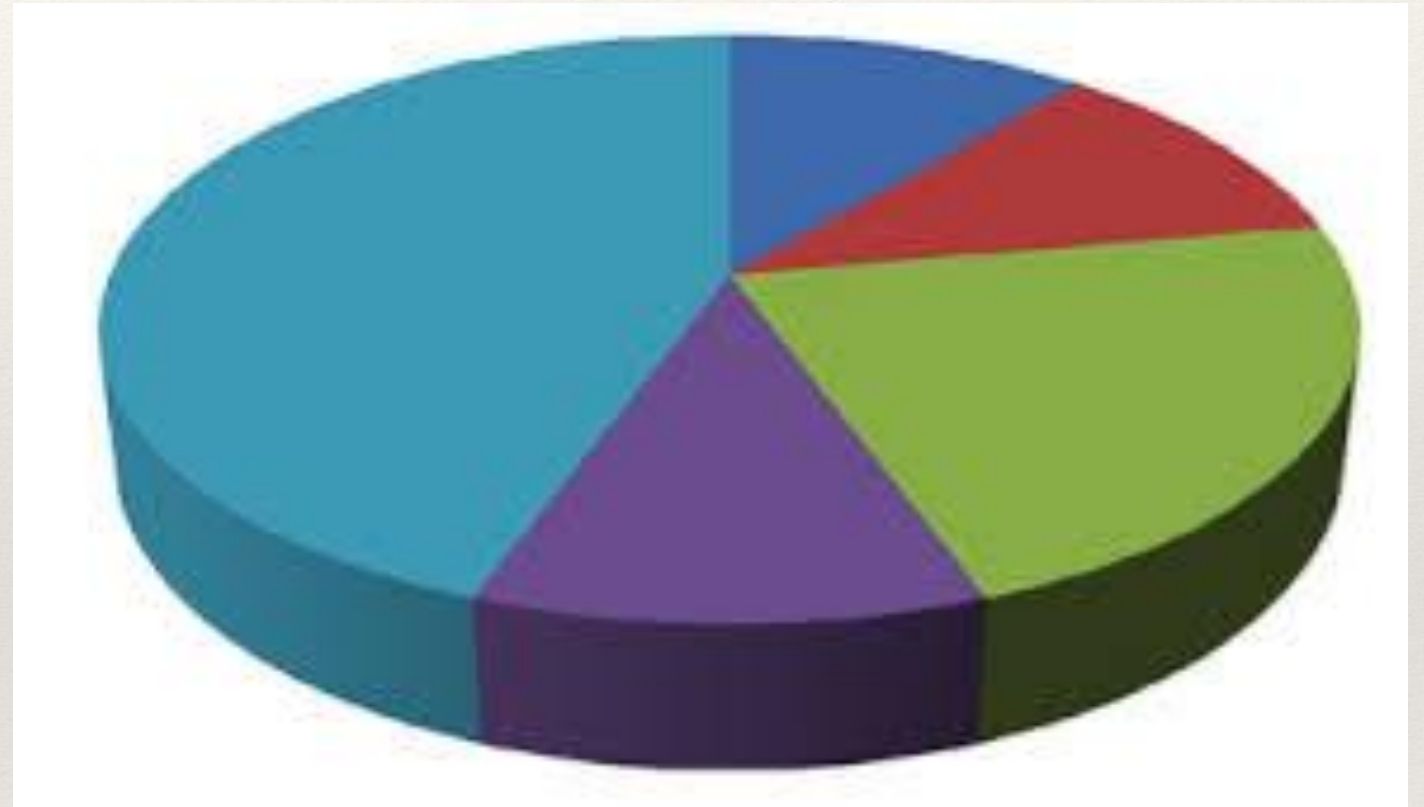
Stress Response

- ❖ **Appropriate and Life Protecting** providing:
 - ❖ It is only turned on when it needs to be
 - ❖ It is allowed to turn off when it is no longer needed
 - ❖ It is not prolonged
- ❖ Reducing reactivity, examining perceptions and switching off response crucial



Manifestations..

- ❖ Physical
- ❖ Emotional
- ❖ Cognitive
- ❖ Behavioural
- ❖ Social/ Interpersonal

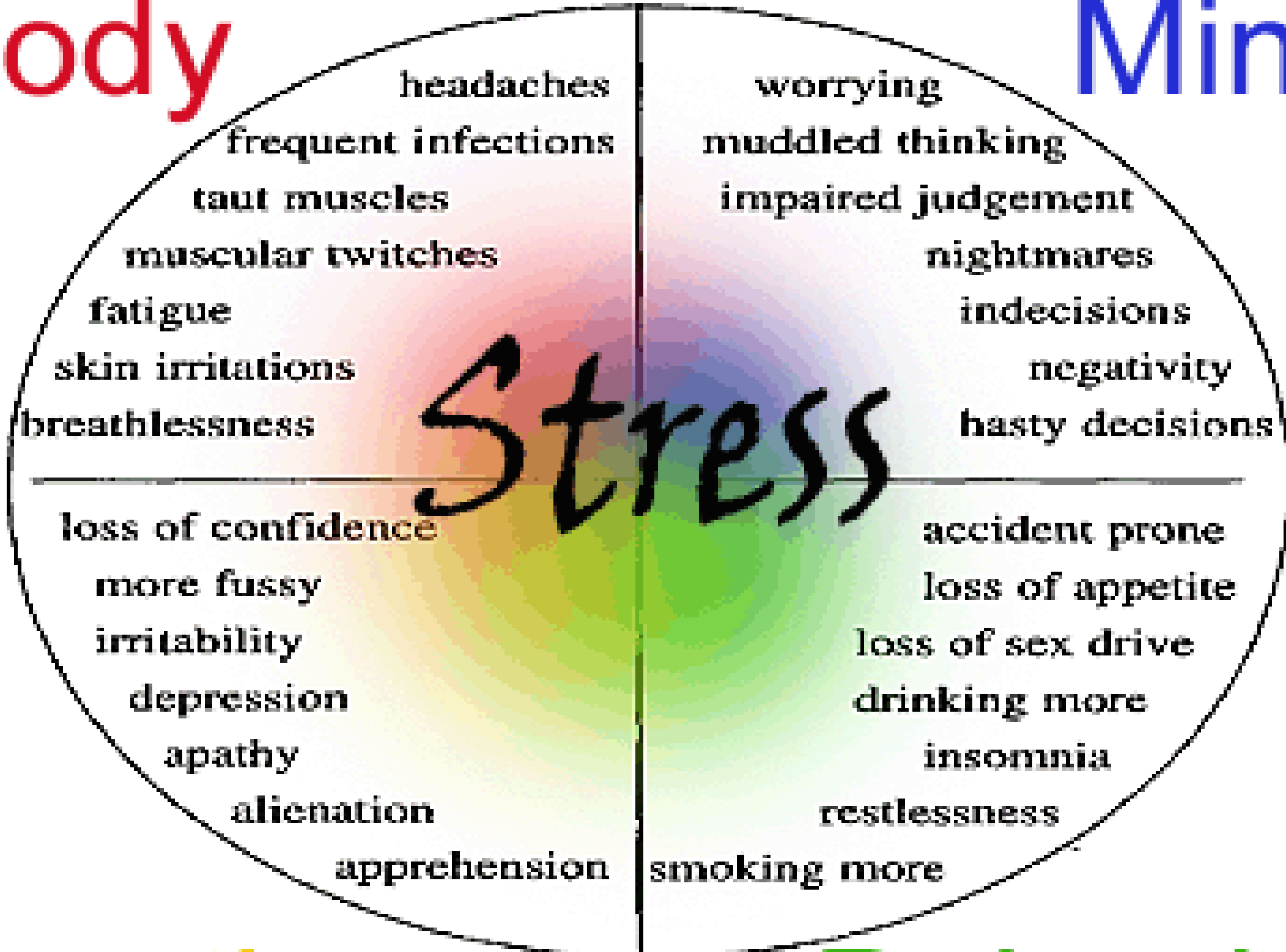


Task 1

- ❖ Individual: Questionnaire reg stress response :
- ❖ Physical: immediate, intermediate, long term responses
- ❖ Emotional
- ❖ Cognitive
- ❖ Behavioural

Body

Mind

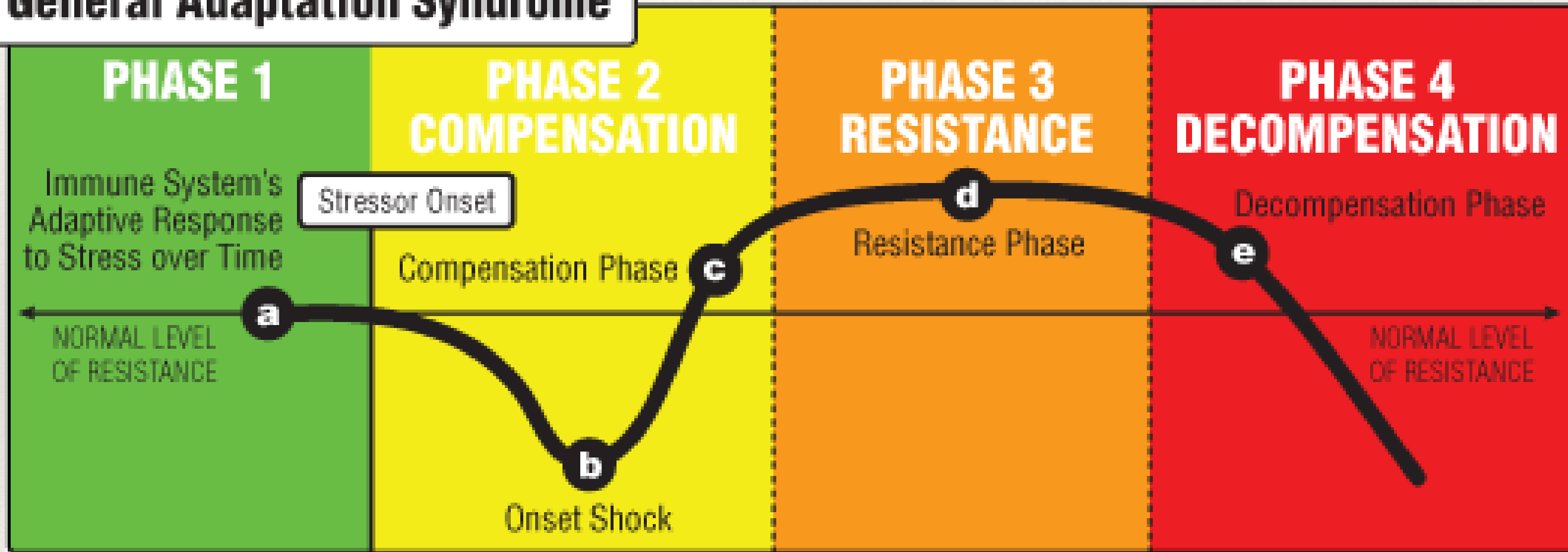


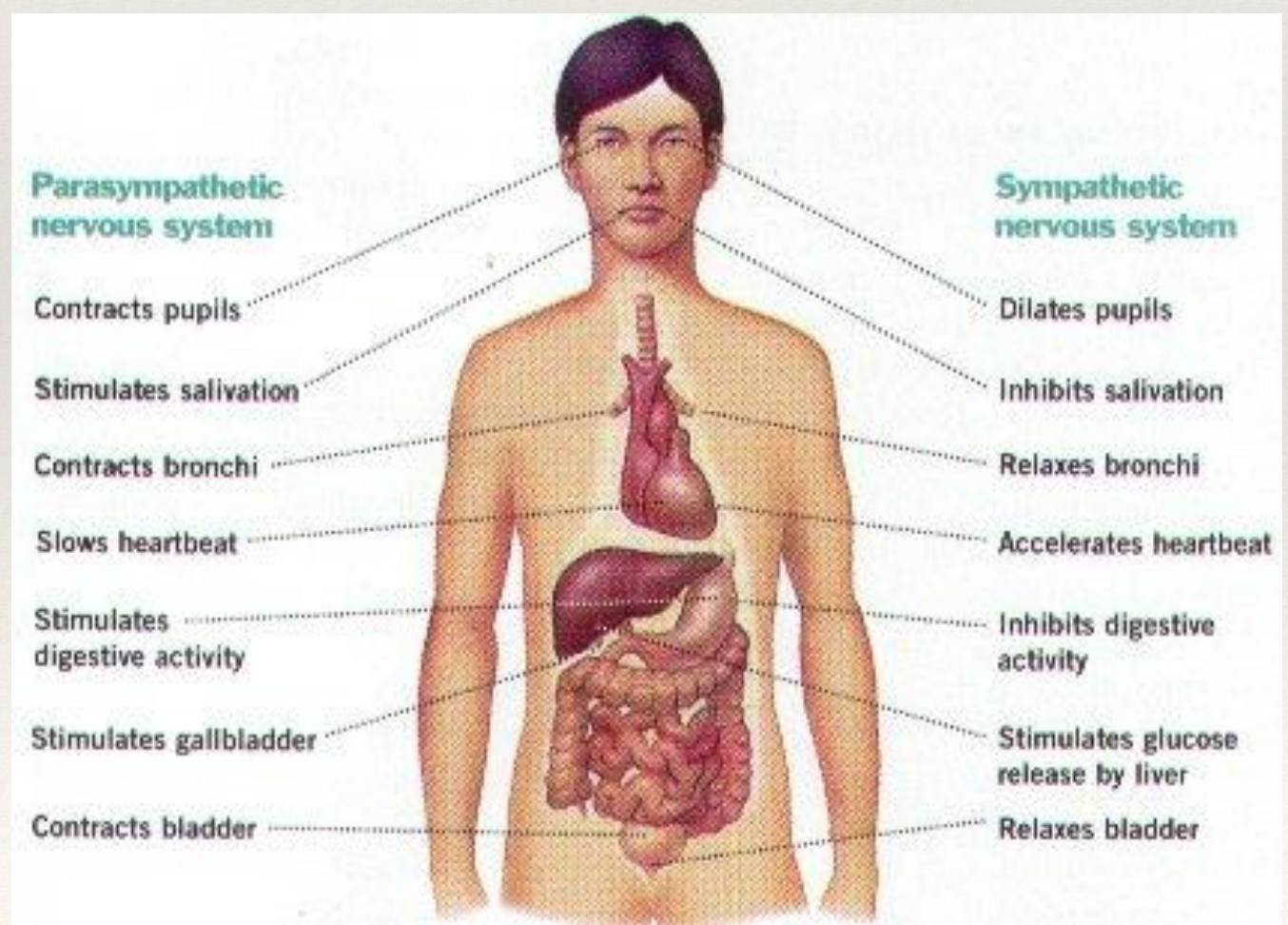
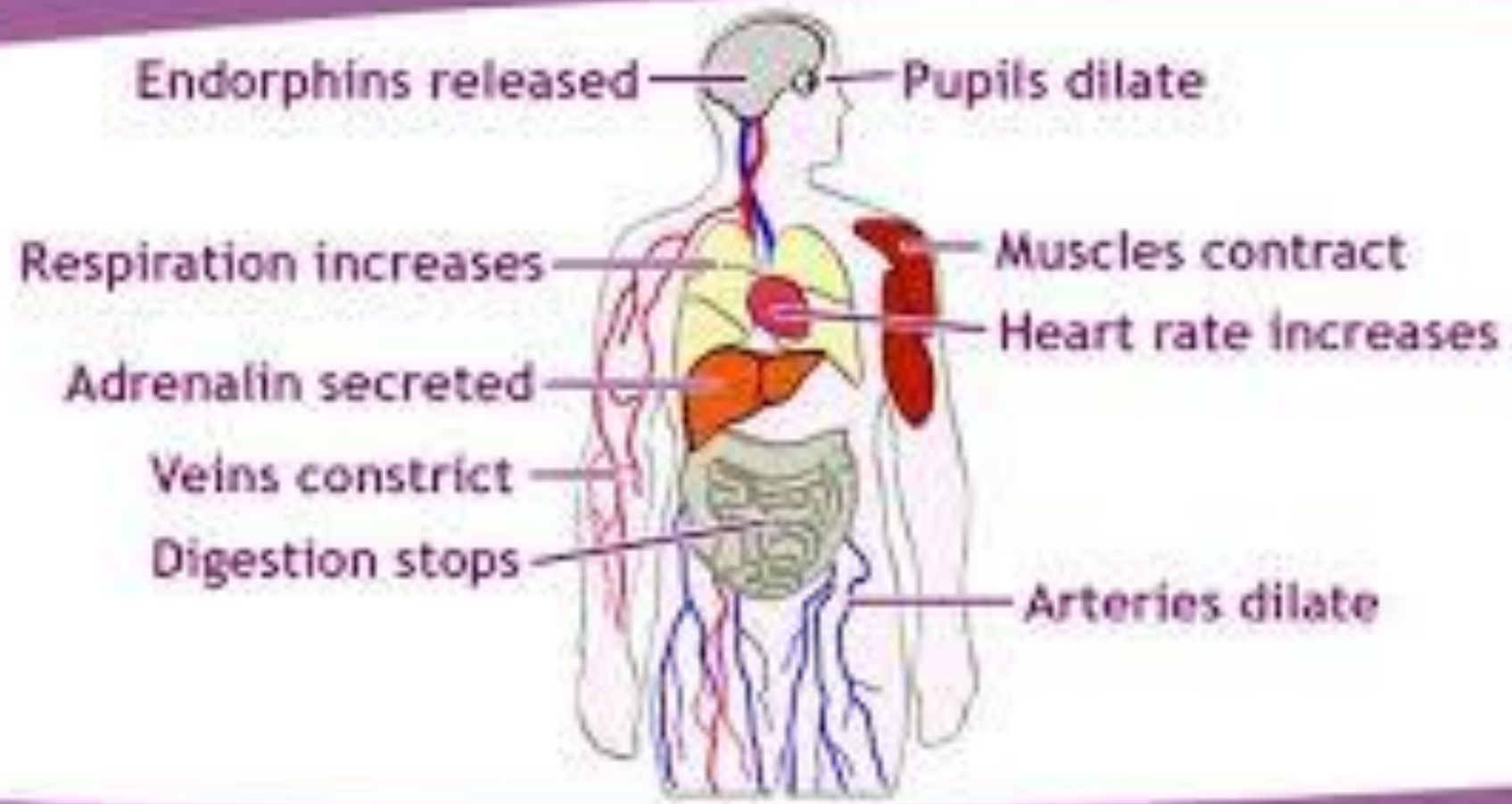
Emotions

Behavior

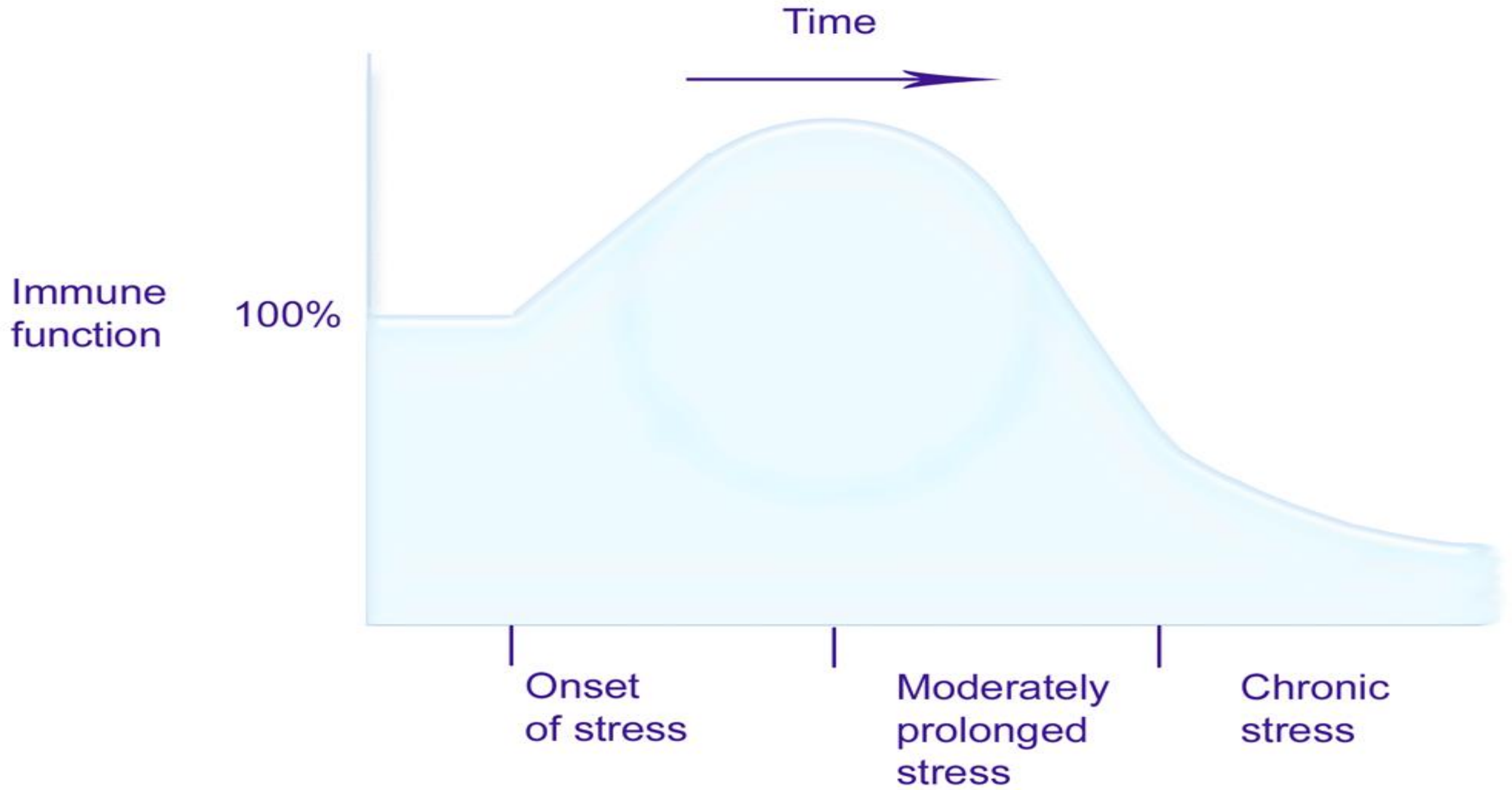
Hans Selye

General Adaptation Syndrome



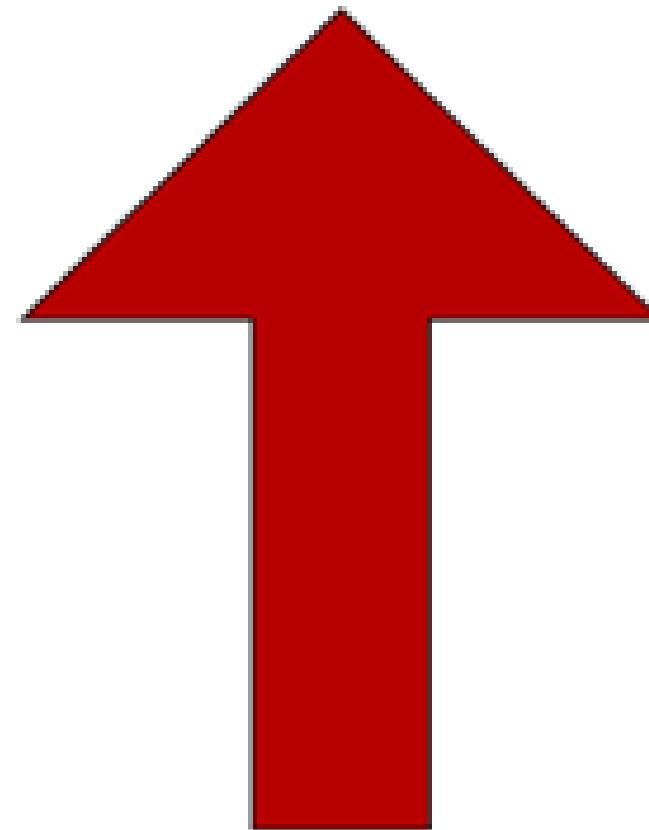
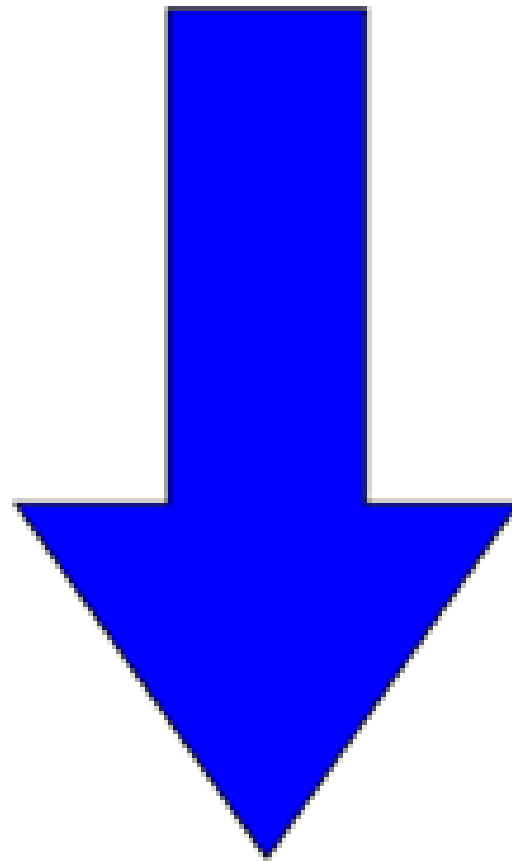


PsychoNeuroImmunology



STRESS RESPONSE

**Immune Functions
Recuperative
Functions
Digestive Functions
Logical Thinking
Concentration and
Memory**



**Blood Pressure
Hormone
Production
Heart Rate
Respiration Rate
Muscle Tension
Perspiration Rate**

Stressful Life Events

- ❖ Dramatic events
- ❖ Holmes and Rahe (1967)
- ❖ When a substantial adjustment to the environment is required, the likelihood of stress is high.



Chronic Strains

- Are experienced an extended period of time
- Adaptation to chronic stressful events stretches the individual's resources
- People can adapt to a degree, but may show signs of stress responses in their physical and psychological spheres over time.



Daily Hassles

- ❖ Minor stressors that occur in day to day life
- ❖ Daily minor problems over a cumulative period
- ❖ Physical and psychological effects
- ❖ By wearing down an individual and predisposing him/ her to become ill.



The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

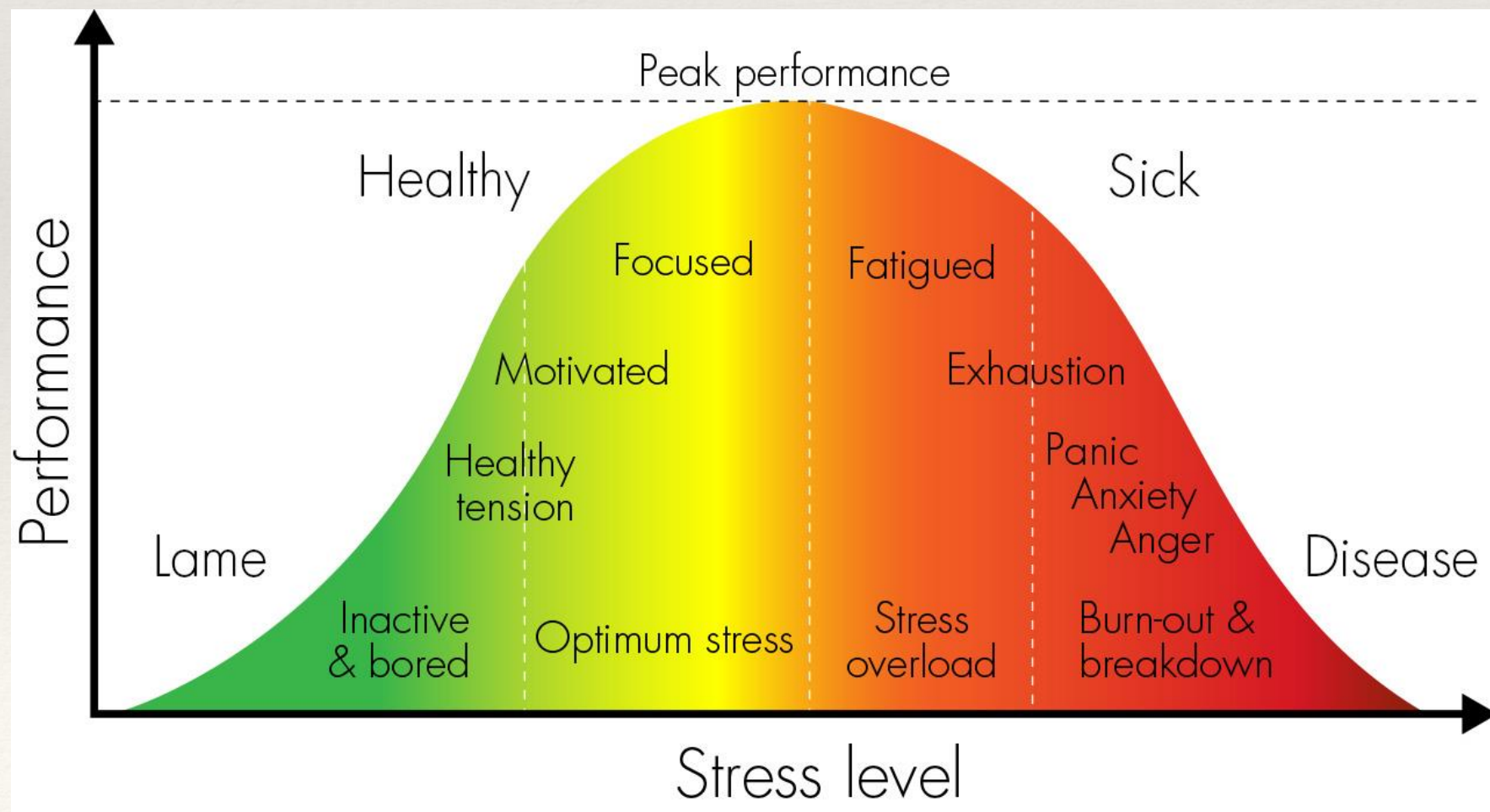
Life Event	Mean Value
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e., birth, adoption, older adult moving in, etc)	39
15. Major business readjustment	39
16. Major change in financial state (i.e., a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e., either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc..)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined mil.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e., a lot more or less than usual)	19
36. Major change in social activities (clubs, movies, visiting, etc.)	18
37. Taking on a loan (car, tv, freezer, etc)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers ("")	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)	11

Now, add up all the points you have to find your score.

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown

Stress and Performance

- ❖ No stress equals no performance
 - ❖ Inertia, procrastination etc
- ❖ Some stress associated with higher performance
- ❖ Too much stress leads to diminished performance
 - ❖ Burnout, inefficiency, inability to prioritise, tension etc



Task 2

- ❖ List observations of effect of Stress on performance:
- ❖ In Self
- ❖ In Others

Gender and Stress

- ❖ Respond to stress differently
- ❖ Men respond to stress through 'fight or flight'
 - ❖ SNS arousal accentuated by testosterone
- ❖ Women experience 'tend and befriend' response
 - ❖ Fight and flight moderated through oxytocin and other hormones
 - ❖ Secreted at times of bonding, nurturing and breast feeding





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Personality

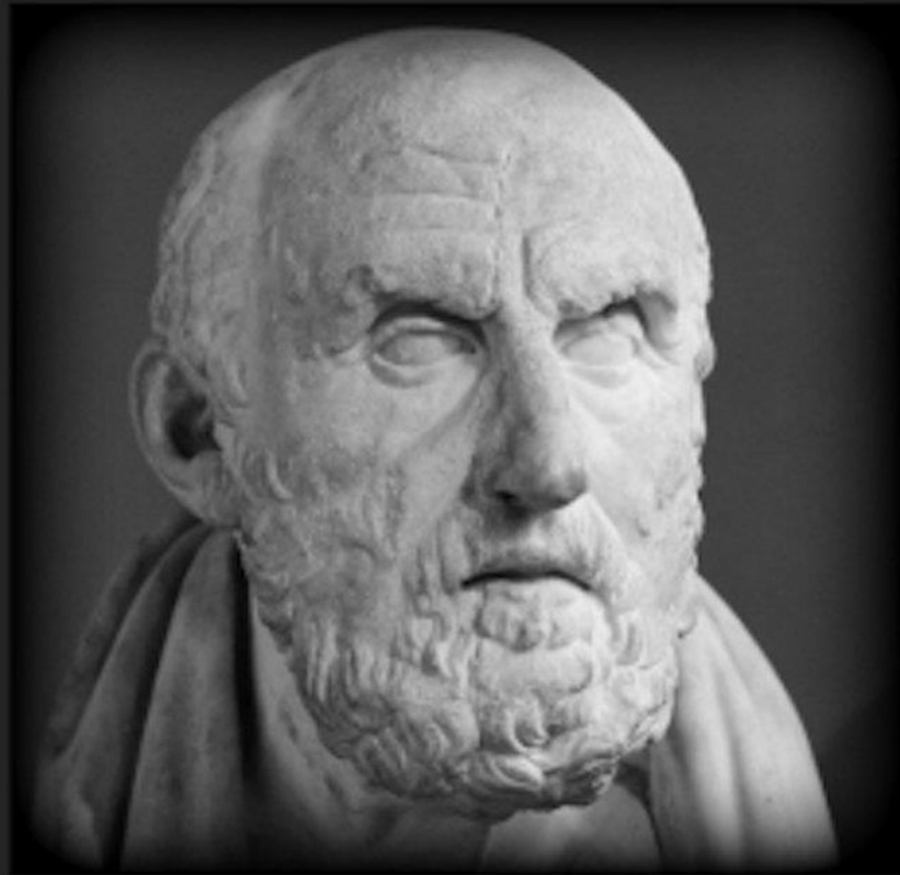


- ❖ Neuroticism
- ❖ Extroversion
- ❖ Hardiness: Commitment, Control & Challenge
- ❖ Optimism
- ❖ Type A
- ❖ Perfectionism



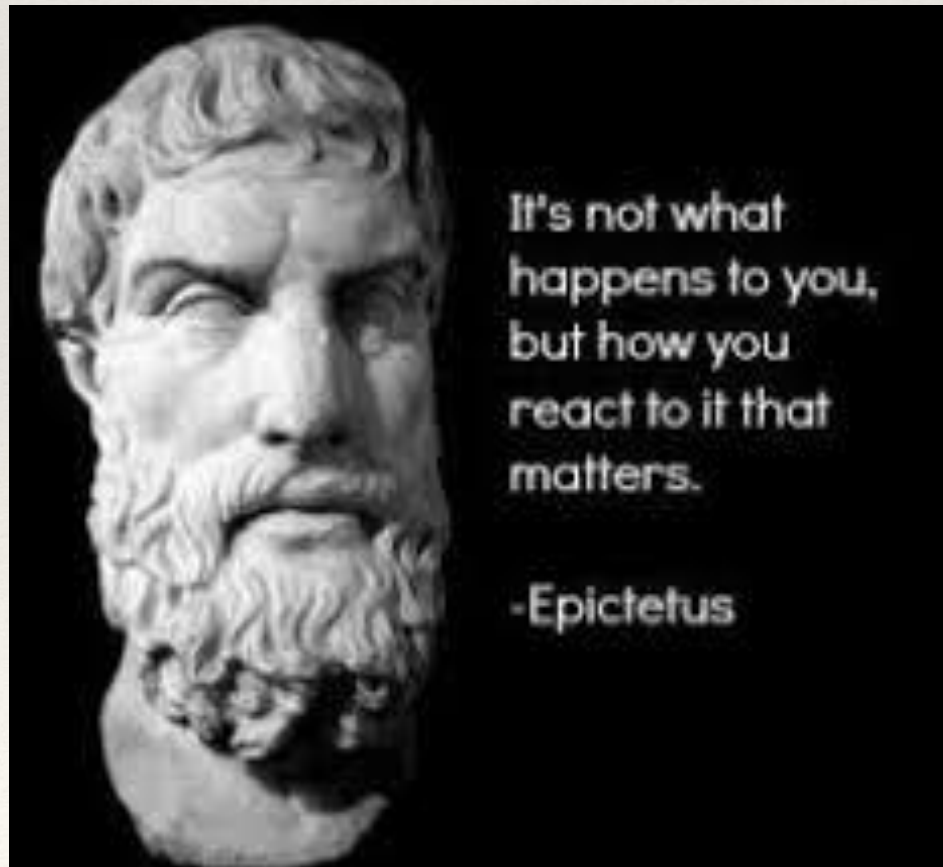
Task 3

- ❖ List 5 positive qualities within you that help you deal with Stress
- ❖ List 5 qualities within you that make you vulnerable to experience Stress



“Man is affected, not by events,
but by the view he takes of them.”

- Epictetus -



It's not what
happens to you,
but how you
react to it that
matters.

-Epictetus

Appraisal



- ❖ The manner in which the individual views and evaluates the stressful experience that he/ she is faced with.
- ❖ Consequences - positive, negative or neutral
- ❖ Negative or potentially negative events are further appraised
- ❖ Primary : When faced with a stressor, a person evaluates the potential threat.
- ❖ Secondary : What one can do about the situation.

Appraisal

Harm: damage already done

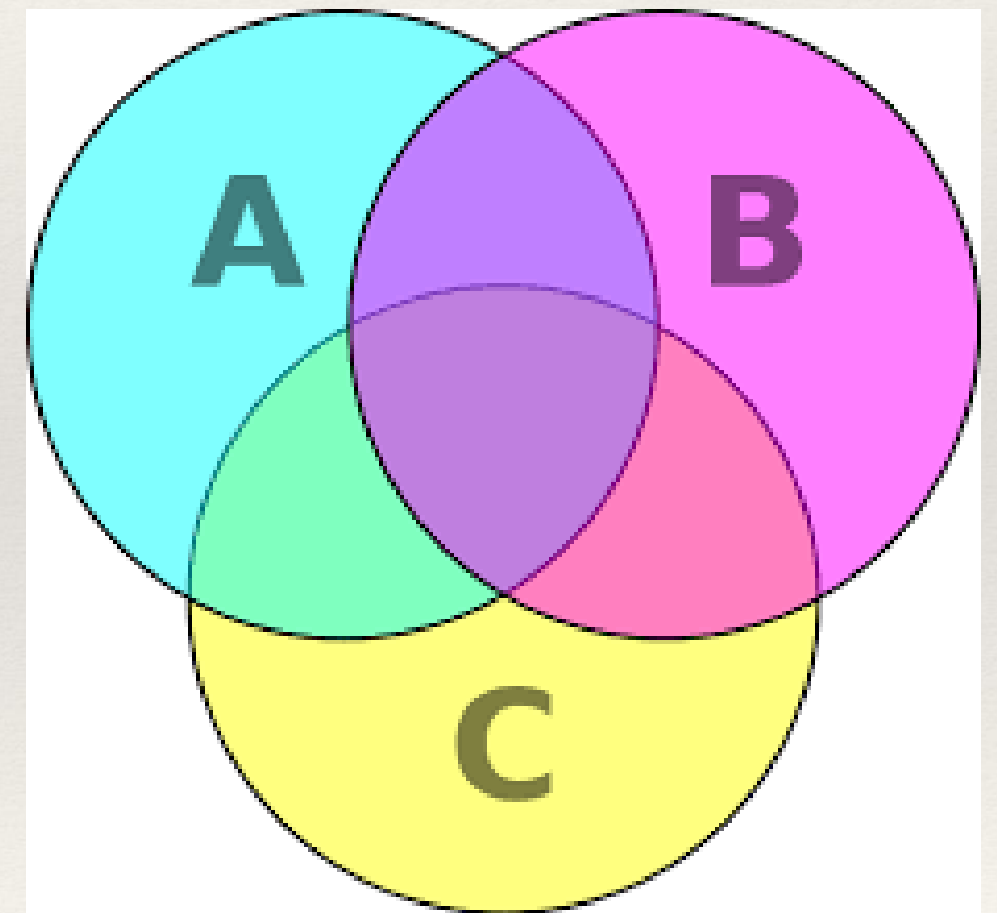
Threat: possible future damage

Challenge: potential to overcome + profit from

Determinants of



- ❖ Nature of event: Positive/Negative
- ❖ Predictability
- ❖ Control
- ❖ Ambiguity
- ❖ Domain
- ❖ Overload



Occupational Stress

- ❖ Stressful Job factors
- ❖ Sedentary work environment
- ❖ Work Overload : subjective & objective experience
- ❖ Work Pressure
- ❖ Responsibility for people rather than products
- ❖ Role conflict
- ❖ Role Ambiguity
- ❖ Quality of Social relationships at work
- ❖ Perceived inadequate career development
- ❖ Lack of control over work
- ❖ Unemployment



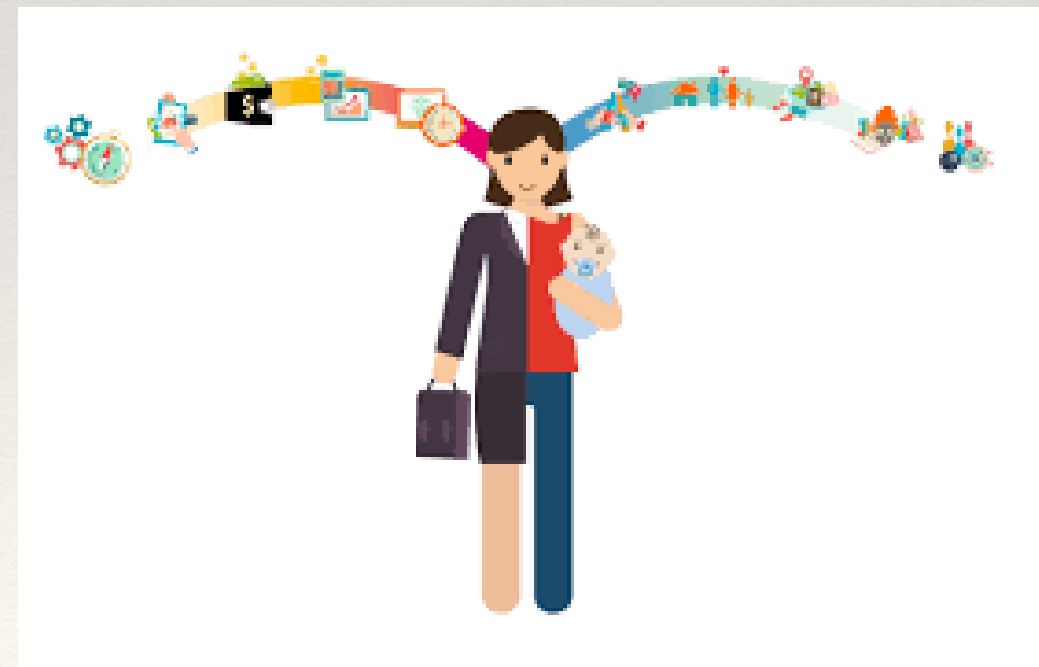
Occupational Stress

- ❖ Job Strain model - Karasek et al, 1981
- ❖ High Psychological demands
- ❖ Low decision latitude
- ❖ Job strain
- ❖ Higher Cardiovascular risk



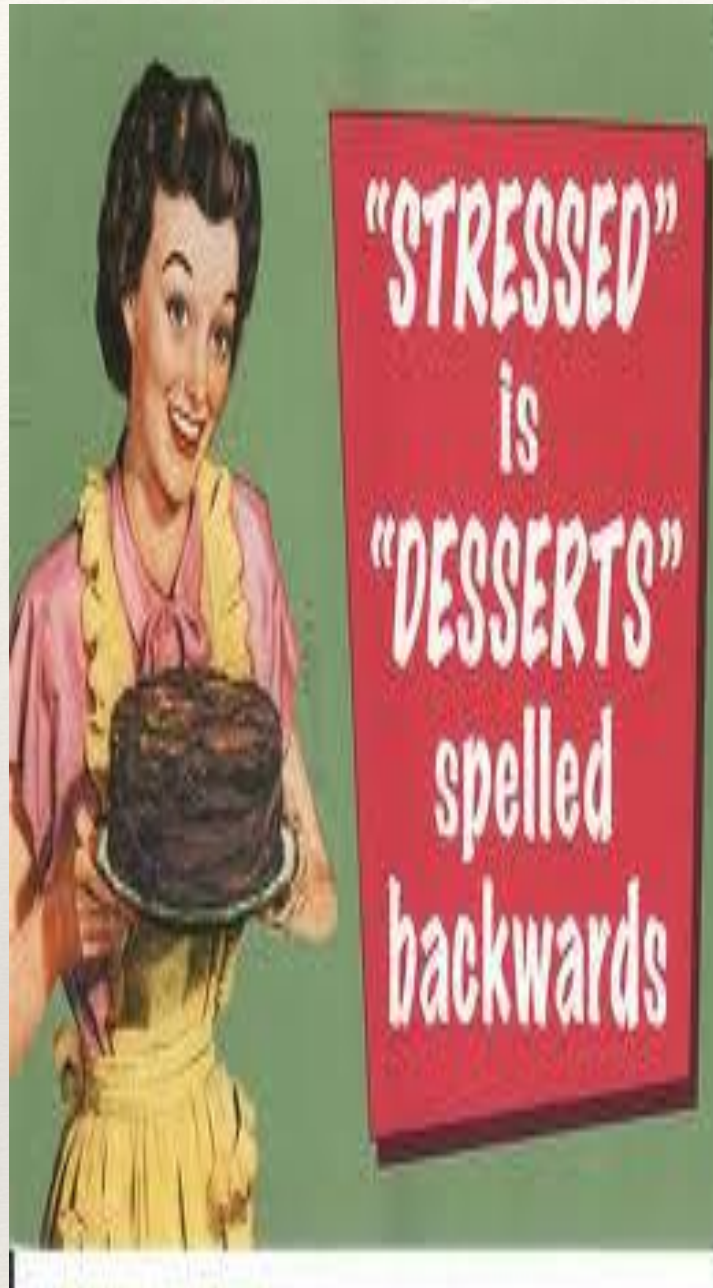
- ❖ Stress Contagion:

❖ Work  Life



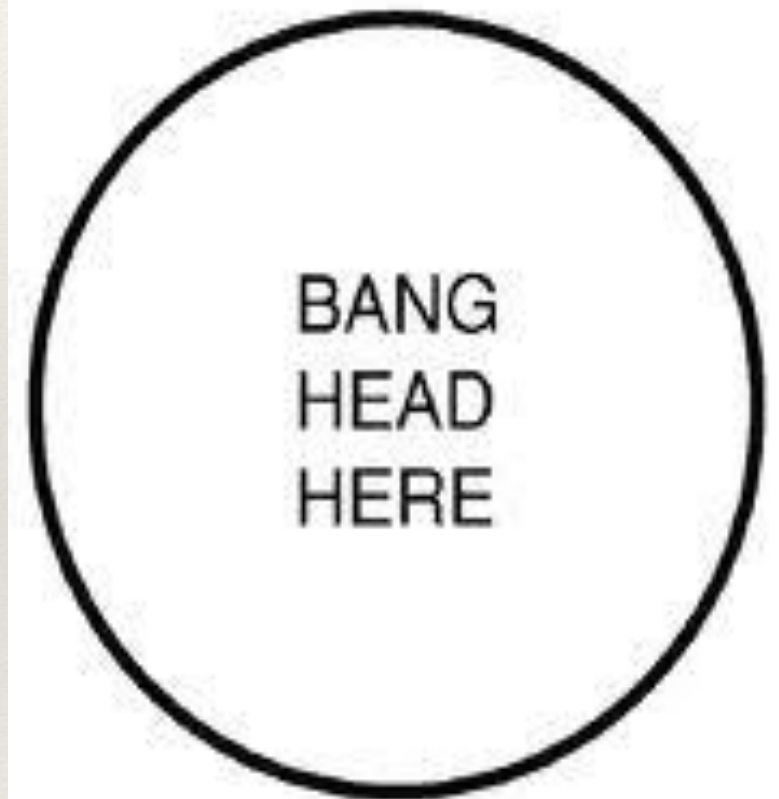


Questions??



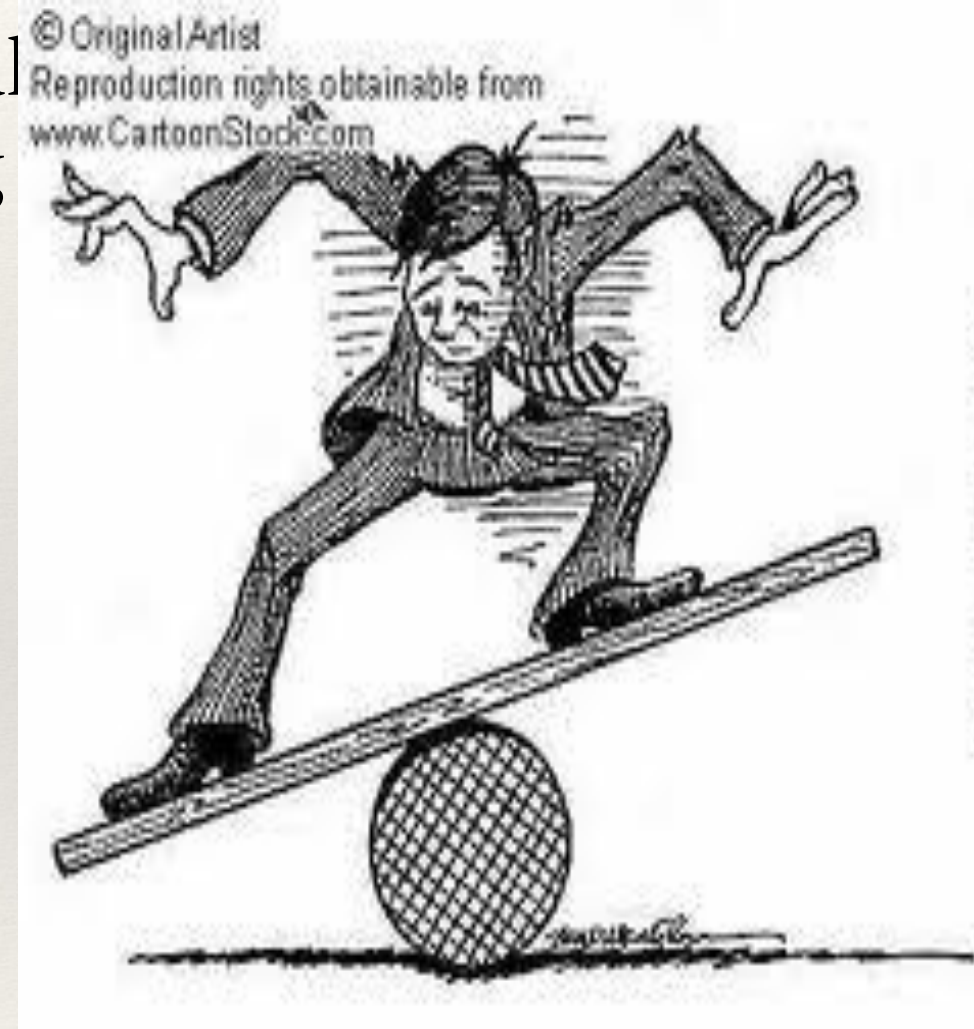
ANTI-STRESS KIT

1. PLACE ON A FIRM SURFACE
2. FOLLOW DIRECTIONS IN CIRCLE
3. REPEAT UNTIL YOU ARE UNSTRESSED OR BECOME UNCONSCIOUS



Coping

- ❖ Efforts to reduce, minimize, master or tolerate demands from the internal or external environment appraised as taxing or exceeding the resources of the individual
- ❖ Series of transactions between the individual and the environment
- ❖ Dynamic relationship
- ❖ **Coping Styles** – “Bank Account” of available resources
- ❖ **Coping Strategies** – “Specific withdrawals”



Coping : Types

- ❖ **Problem focused** coping involves direct efforts to modify the problem causing the distress.
- ❖ **Emotion focused** coping is directed toward regulating the feelings or affect surrounding a stressful experience.
- ❖ **Social Support Seeking** – has PF and EF components
- ❖ Combination of behaviors used in any stressful situation



Coping : Types

- ❖ **Approach and Avoidance Coping**
- ❖ Types of cognitive and emotional activity
- ❖ Oriented either towards or away from threat.
- ❖ Approach strategies allow for appropriate action and for ventilation of emotion.
- ❖ Avoidant strategies, on the other hand, seem useful in reducing stress

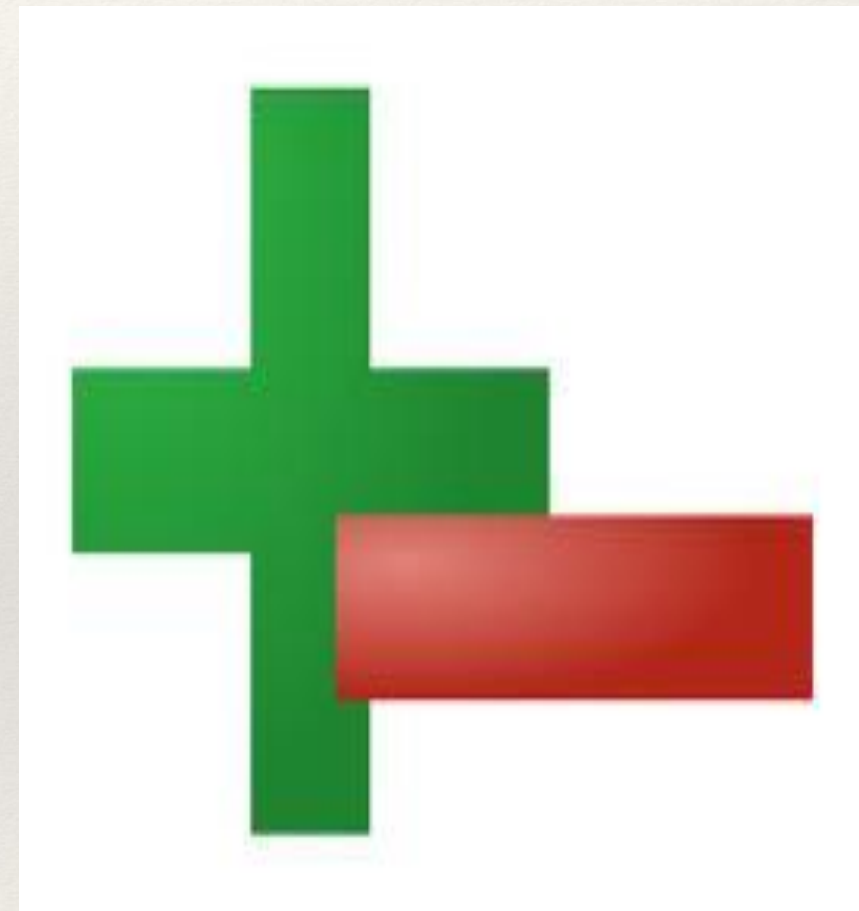


Maladaptive / Adaptive Coping

- ❖ **Denial**
- ❖ **Blame**
- ❖ **Avoidance**
- ❖ **Passive coping**
- ❖ **Negative forms of distraction** : using substances, risk behavior

- ❖ Using any form to the exclusion of others

- ❖ **Problem Solving**
- ❖ **Social Support**
- ❖ **Acceptance/Redefinition**
- ❖ Related to Mental Health and Wellbeing



Task 4

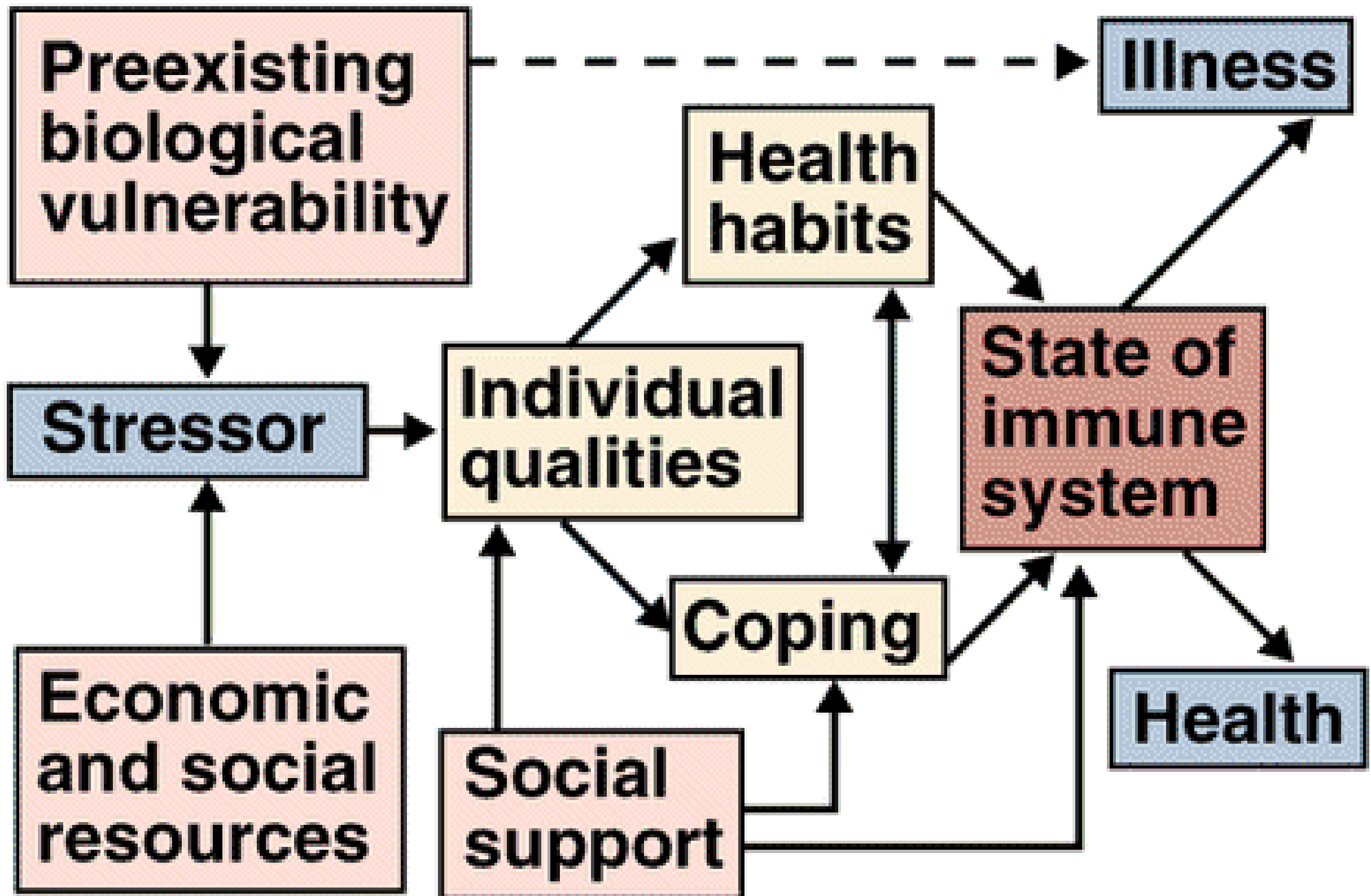
- ❖ List 5 problem focussed behaviours you use when stressed
- ❖ List 5 emotion focussed behaviours you use when stressed
- ❖ List 5 social support seeking behaviours you use when stressed

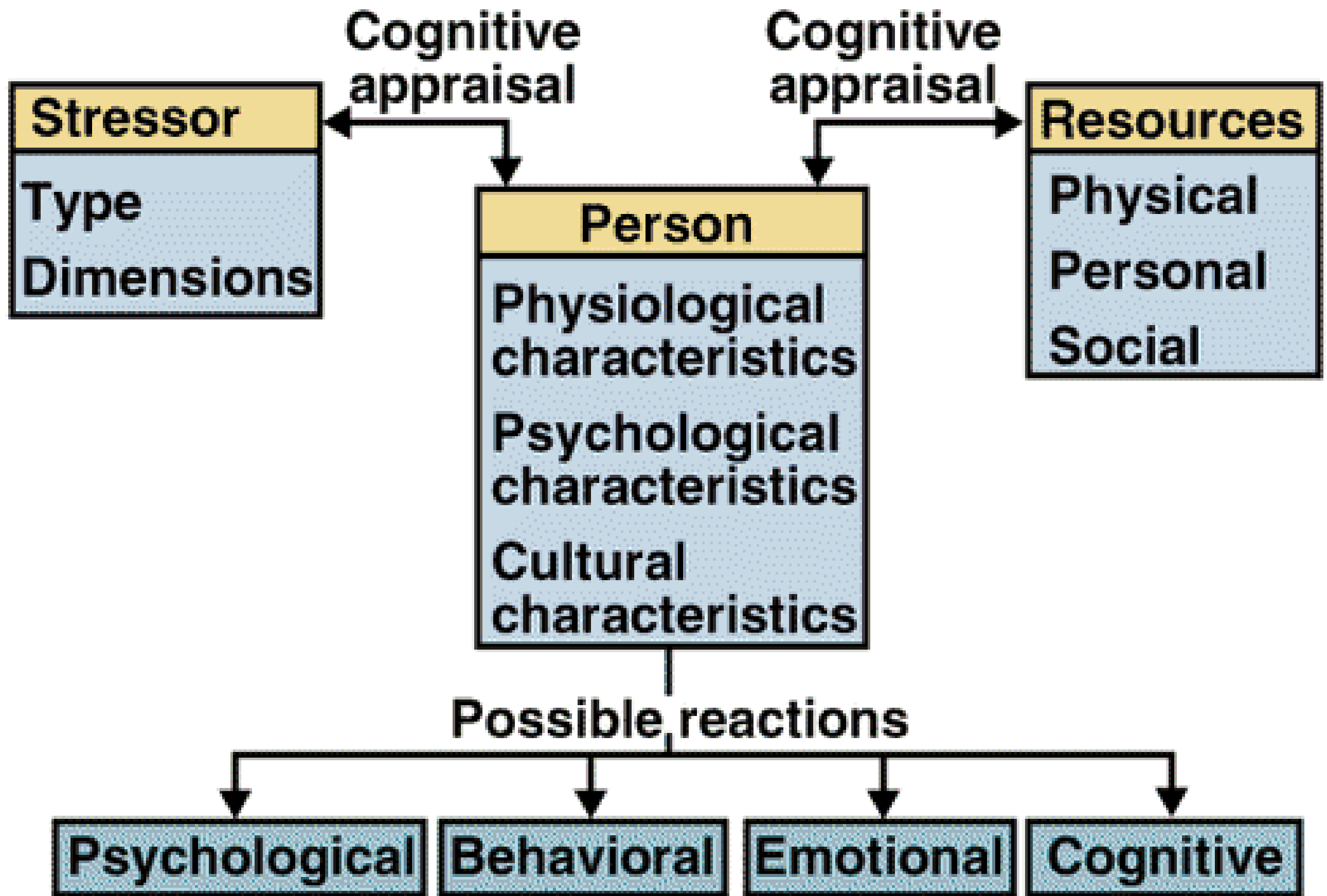
The only difference between a diamond and a lump of coal is that the diamond had a little more pressure put on it.

ANONYMOUS



A Model of Stress and Illness





Conclusions

- ❖ Stress is inevitable in every stage of Life, Every Profession
- ❖ Important to be Aware of its causes, effects and influence on us
- ❖ External and Internal Situations and Demands
- +
- ❖ Appraisal of Stress and Perspectives
- +
- ❖ Strengths and Vulnerabilities in our Personality
- +
- ❖ Coping



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Games

- ❖ Physical checks - 5 minutes; notepad 1ce a day
- ❖ Emotion log - over 1 week; notepad, 1ce a week
- ❖ Stress Check: Areas to Assess
 - Environment
 - Yourself
 - Relationships
 - Job
 - Time management, Organisation, Self Care

Games

❖ Self Soothing

- Pick 2-3 simple activities that help you feel good
- 5 minutes, 3ce a day, everyday

❖ Stress Shelter

- 10, minutes, notebook, 1ce a day
- Find a quiet spot, spend 5 minutes thinking about personal elements of life that help you deal with stress - family photos, painting/prints of scenery, comfortable chair/spot