

Mental Health Unit 2 Study Guide

Stress *Halter Chapter 10*

1. Explain the theories of stress. (Cannon-response and Selye-adaptation) What are the differences of the theories?

- The difference between stress and anxiety?
 - o Anxiety disrupts normal functioning and requires adaptation.
- **Walter Cannon (Fight-or-flight)**: Body prepares for situation that individual perceives as a threat
- **Hans Selye (General Adaptation Syndrome - GAS)**: Alarm, Resistance/Adaptation, Exhaustion
 - o If the body doesn't adapt, exhaustion occurs

2. Types of stress

- **Acute Stress**:
 - o Apprehension, unhappiness, decreased appetite, increased respirations, pulse, blood pressure, cardiac output, metabolism, glucose use, and depressed immune system.
- **Chronic Stress**:
 - o Increased risk for chronic anxiety, panic attacks, depression, chronic pain, sleep disturbance, decreased concentration, fatigue, irritability, weight gain/loss, increased risk for MI, stroke, HTN, diabetes, infection.

3. Eustress vs distress

- **Eustress**:
 - o Positive benefit energy – new baby, new job, Christmas, vacation
- **Distress**:
 - o Negative draining energy – lost job, surgery, quit smoking, death, argument, new illness

4. Physiological vs. Psychological

- **Physiological**:
 - o Effects the persons physical being – surgery, illness
- **Psychological**:
 - o Effects the persons emotional being – divorce, school, losing a job

5. List Positive and Negative stress busters. How do you decide which stress buster will be most effective?

- **Positive**:
 - o Taking a walk, journaling, meditation, yoga, exercise
- **Negative**:
 - o Sleeping, avoiding, drinking, smoking
- Ask the patient, what are your stress busters?

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