Health Psychology Tuesday, March 17, 2015

**NOTES**

**Assignments:**  **Due Dates**

1. Live Well part II completion certificates due starting Thursday, March 19, 2015
2. Review Chapter #8 & generate one question for guest speaker Friday, March 20, 2015
3. Quiz on STRESS (chap. #7) Tuesday, March 24, 2015
4. I’m Positive Paper Thursday, March 26, 2015
   1. Play “I’m Positive” Game (Blackboard)
   2. 2-3 page paper which answers all 6 questions posted
5. Critical Race Paper Tuesday, April 14, 2015
   1. 5 Pages
   2. Follow rubric under Professor’s Notes

**Chapter #7 Stress & Coping**

What is Stress?

1. Stressful Stimulus – an event external to the human body that provokes a response.
2. Stressful Response – a physical or emotional reaction by an individual to the external stimulus

What causes Stress?

1. Everything in our lives causes stress
2. Stress is subjective to the individual
3. Stress can cause illness & Chronic illness can cause stress (two way street)

Sources of Stress:

1. Daily life hassles - lateness, car trouble, children…
2. Psychosocial events – life altering events (marriage, divorce, retirement, death of a loved one…)
3. Micro-aggressions - small intentional or unintentional offenses that accumulate and become burdensome over time. (see PowerPoint)
4. Catastrophic events – Combat, rape, domestic abuse…
   1. May cause Posttraumatic Stress Disorder (PTSD) - PTSD is a lasting consequence of traumatic ordeals that cause intense fear, helplessness, or horror.
5. Individuality (personality types)
   1. Type “A” – Highly competitive, aggressive, impatient
   2. Type “D” – Distressed, generally negative
6. Environmental – poverty, crime, illness, safety issues…

Coping with Stress:

1. Cognitive Coping
   1. Engage( addressing the problem) VS Disengage (ignoring, withdrawal from the problem)
   2. Problem focused approach – finding a workable solution to the problem
   3. Emotion focused approach – Seeking comfort and emotional support
2. Behavioral Coping
   1. Social support (buffering)
   2. Music
   3. Humor
   4. Religion/ spirituality/ traditions
   5. High risk behavior
      1. Over/ under eating
      2. Sleep deprivation
      3. Sexual behavior
      4. Substance abuse