

Physical Outcomes of Stress

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Agenda

- What is stress?
 - Physical, emotional, and cognitive experience
- How does stress affect the body
- How to release stress from the body

What is stress?



Emotional (feelings)

I feel stressed; anger and irritability



Cognitive (thoughts)

Stress interferes with rational processing

- Cognitive errors
- "Running list"



Behavioral

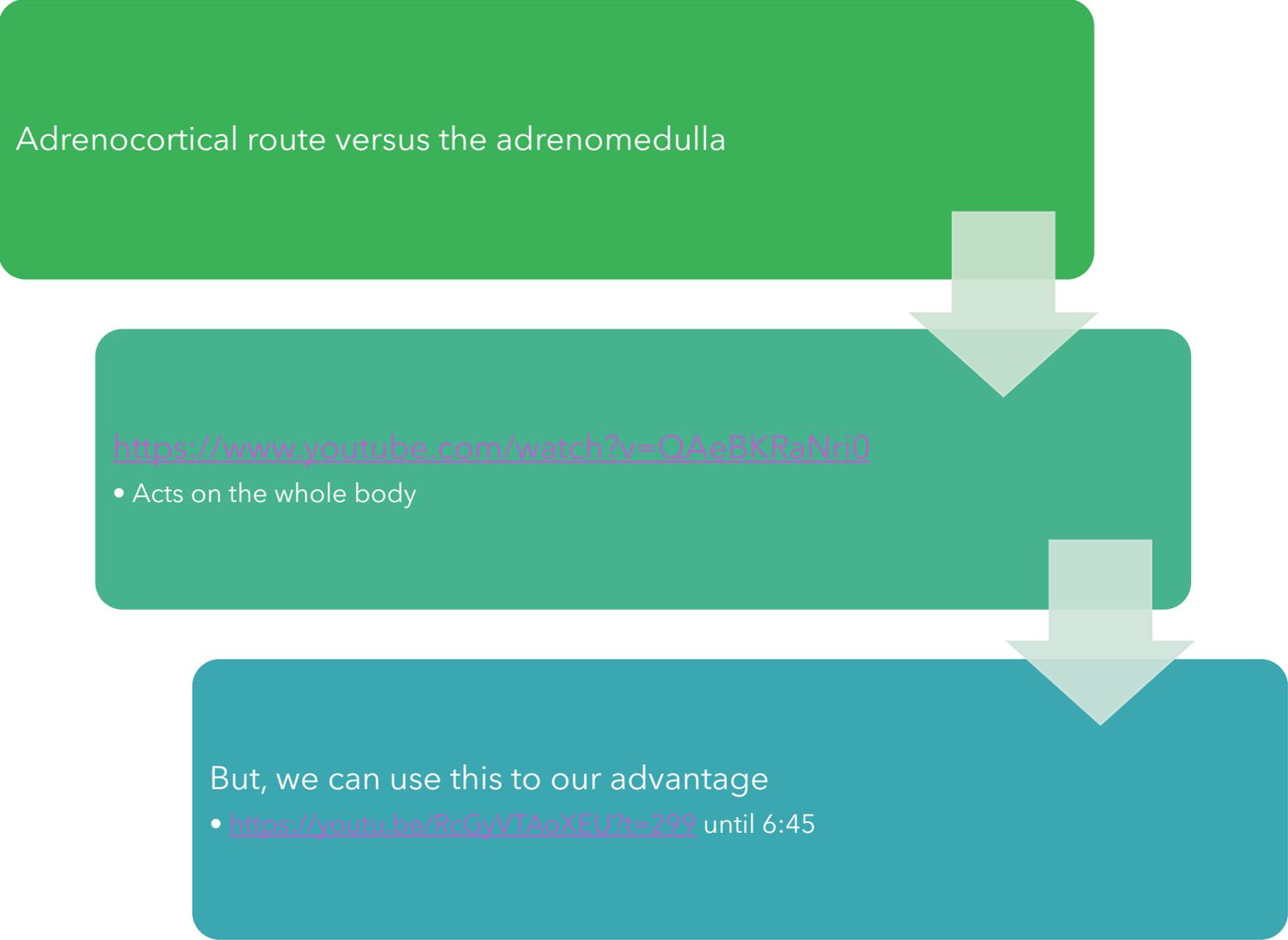
Alcohol use, sleeping too much/not enough

Physical

- Your body cannot tell the difference between being chased by a bear versus, say, an exam and *reacts the same way*
- Thinking is surprisingly very demanding on the body
 - Humans eat more metabolically easy foods than other animals
 - Fight or flight also prepares us to think
- After too much time in “fight or flight,” the body wears down
 - Allostatic load

Physical Routes

Adrenocortical route versus the adrenomedulla



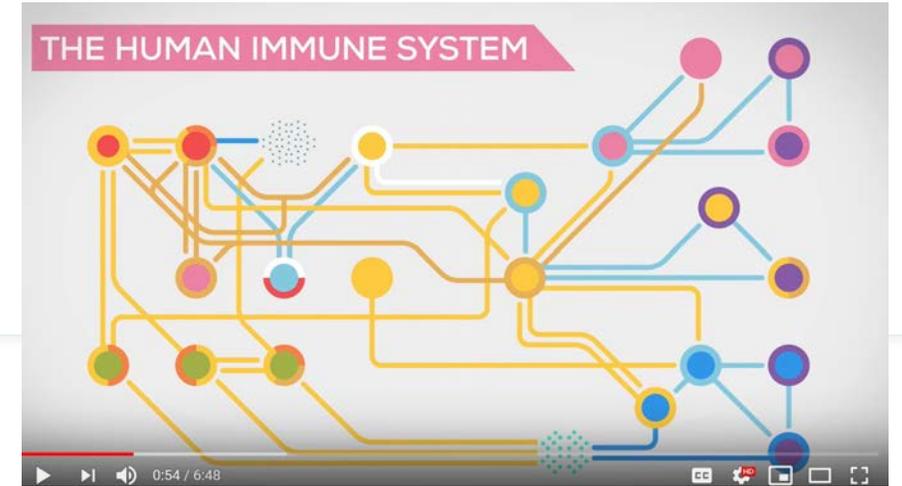
<https://www.youtube.com/watch?v=QAeBKRaNri0>

- Acts on the whole body

But, we can use this to our advantage

- <https://youtu.be/RcGyVTAoXEU?t=299> until 6:45

Other Physio Processes



- Blood pressure not a good indicator
 - You are stressed if you feel stressed
 - If you're drowning, it doesn't matter if the pool is 2 feet deep or 10 feet deep
- Muscle tension, poor posture, headaches, stomach aches
- Poor eating and exercise
- Immune system function



Releasing Stress

- Psychology
 - Cognitive Behavioral Route
 - Change your cognitions to change your behavior
 - Progressive Muscle Relaxation
 - Helps people recover after surgery
 - Mindfulness
- You pay a fee for the counseling center- you may as well use it. You don't have to be sick to get better!

Cognitive Distortions

Checklist of Cognitive Distortions *

1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories.	6. Magnification or Minimization. You blow things way out of proportion or shrink them.
2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat.	7. Emotional Reasoning. You reason from your feelings: “I <i>feel</i> like an idiot, so I must <i>be</i> one.”
3. Mental filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use “shoulds,” “shouldn’ts,” “musts,” “oughts,” and “have tos.”
4. Discounting Positives. You insist your positive qualities don’t count.	9. Labeling. Instead of saying, “I made a mistake,” you tell yourself, “I’m a jerk” or “I’m a loser.”
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none">• Mind-Reading. You assume that people are reacting negatively to you.• Fortune-Telling. You predict that things will turn out badly.	10. Self-Blame and Other-Blame. <ul style="list-style-type: none">• Self-Blame. You blame yourself for something you weren’t entirely responsible for.• Other-Blame. You blame others and overlook ways you contributed to the problem.

Daily Mood Log*

Situation or Event: _____

Emotions	% Before	% After	Emotions	% Before	% After
Sad , blue, depressed, down, unhappy			Hopeless , discouraged, pessimistic, despairing		
Anxious , worried, panicky, nervous, frightened			Frustrated , stuck, thwarted, defeated		
Guilty , remorseful, bad, ashamed			Angry , mad, resentful, annoyed, irritated, upset, furious		
Inferior , worthless, inadequate, defective, incompetent			Other (describe)		
Lonely , unloved, unwanted, rejected, alone, abandoned			Other		
Embarrassed , foolish, humiliated, self-conscious			Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1.				1.	
2.				2.	
3.				3.	
4.				4.	

Other Avenues



Yoga and other exercise



Music



Animals



Getting stuff done

The biggest predictor of anxiety before an exam is not being prepared

Questions

