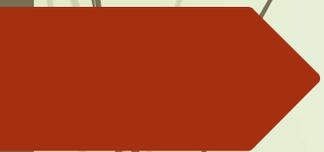


Aspire for Excellence Foundation webinar series

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Behavioral Management: Stress Prevention and Management

presented by

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Rockies



History of doing
Critical Incident
Stress Debriefings

Indoctrinated into
the Village of
Ejeme-Unor, Delta
State, Nigeria

Given Chief Title of
Chi Udo (Spirit of
Peace)





What we will cover

- ▶ What is Stress?
- ▶ Cognitive Appraisal Model
- ▶ Sources of Stress
- ▶ Work Stress and Burnout
- ▶ Social Cultural Sources of Stress
- ▶ The Mind-Body Connection
- ▶ The Mysterious Placebo Effect
- ▶ Personal Control
- ▶ Social Factors
- ▶ Coping Strategies
- ▶ Minimizing the Effects of Stress

What is Stress?

- ▶ **Generic:** Any condition or circumstance that requires an adjustment or response
- ▶ **Common:** Negative emotional state occurring in response to events that are perceived as taxing or exceeding a person's resources or ability to cope





Cognitive Appraisal Model of Stress

Stress model that emphasizes the role of an individual's evaluation (appraisal) of events and situations and of the resources available to deal with the event or situation (Lazarus)

Stress and Health Psychology

- ▶ Events are not stressful in and of themselves, but stress is determined by your subjective response to external events or circumstances.
- ▶ We evaluate and re-evaluate coping strategies our coping responses as we manage stressful circumstances.
- ▶ If coping efforts are successful, stress will decrease. If unsuccessful, stress will increase.





Sources of Stress

Life Events and Change

- ▶ **Stressors:** events that are perceived as harmful, threatening, or challenging
- ▶ **Social Readjustment Rating Scale (SRRS)**
 - ▶ Contains 43 life events that have been assigned a numerical rating of life change units of relative impact
 - ▶ Suggests that any change is inherently stress-producing
 - ▶ Tends to produce similar results across many cultures
- ▶ **Revised Social Readjustment Rating Scale (SRRS)**
 - ▶ Better weighs the influences of gender, age, marital status, and other individual characteristics

<https://www.stress.org/holmes-rahe-stress-inventory>



Sources of Stress

Life Events and Change

What Does Your Score Mean?

- ▶ **150 points or less** | a relatively low amount of life change and a low susceptibility to stress-induced health breakdown
- ▶ **150 to 300 points** | 50% chance of health breakdown in the next 2 years
- ▶ **300 points or more** | 80% chance of health breakdown in the next 2 years, according to the Holmes-Rahe statistical prediction model

<https://www.stress.org/holmes-rahe-stress-inventory>



Sources of Stress

Life Events and Change

► **Problems with the SRRS**

- Weak link between SRRS and physical and psychological problems
- Assumes a given life event will have the same impact on everyone
- Assumes that change in itself, whether good or bad, is a stressor
- Most researchers agree that undesirable events are significant sources of stress but that change itself is not necessarily stressful



Sources of Stress: Traumatic Events

- ▶ **Traumatic events:** Events or situations that are negative, severe, and far beyond our normal expectations for everyday life or life events.
- ▶ When traumas are intense or repeated, some psychologically vulnerable people may develop **posttraumatic stress disorder** (PTSD).
- ▶ Most people recover from traumatic events without ever developing PTSD.



Daily Hassles That's Not What I Ordered!

- ▶ **Everyday minor events that annoy and upset people might be cumulative.**
 - ▶ Number of daily hassles people experience is a better predictor of physical illness and symptoms than is the number of major life events experienced.
 - ▶ Women are more likely to report daily stressors that are associated with friends and family.
 - ▶ Men are more likely to feel hassled by stressors that are school-related or work-related.



Examples of Daily Hassles

Daily Hassles Scale

- Concern about weight
- Concern about health of family member
- Not enough money for housing
- What else can you add here?

College Daily Hassles Scale

- Increased class workload
- Troubling thoughts about the future
- Fight with boyfriend/girlfriend
- What else can you add here?

Acculturative Daily Hassles for Children

- It bothers me when people force me to be like everyone else.
- I don't feel at home here in the United States.
- What else can you add here?



Work Stress and Burnout

Is It Quitting Time Yet?

Characteristics of burnout

- Exhaustion and depletion of emotional and physical resources
- Feelings of cynicism, demonstrating negative or overly detached attitudes

Causes of burnout

- Overload
- Lack of control

Solution

- Sense of community



Social and Cultural Sources of Stress

People who live under difficult or unpleasant conditions have few resources and experience **chronic** stress.

Chronic stress is also associated with lower socioeconomic status and poorer physical health.

Racism and discrimination are another important source of chronic stress.



Physical Effects of Stress

The Mind-Body Connection

- ▶ Stress can ***indirectly*** affect a person's health by prompting behaviors that jeopardize physical well-being, such as not eating or sleeping properly.
- ▶ Stress can ***directly*** affect physical health by altering body functions, leading to symptoms of illness or disease.



Stress and the Endocrine System

- ▶ **Fight-or-flight response (Walter Cannon)**

- ▶ Rapidly occurring chain of internal physical reactions that prepare people either to fight or take to flight from an immediate threat

- ▶ **Endocrine response**

- ▶ Threat perceived (amygdala), and hypothalamus and lower brain structures activate sympathetic nervous system
- ▶ Sympathetic nervous system stimulates adrenal medulla to secrete hormones called catecholamines, including adrenaline and noradrenaline
- ▶ **Catecholamines** trigger rapid and intense bodily changes associated with the fight-or-flight response



Stress and the General Adaptation Syndrome

- ▶ **Hans Selye** researched the effects in rats of exposure to extreme stress.
 - ▶ Adrenal glands became enlarged.
 - ▶ Stomach ulcers and loss of weight occurred.
 - ▶ Thymus gland and lymph glands, two key components of the immune system, shrunk.
- ▶ **Prolonged Stress**
 - ▶ Stress causes pituitary to release ACTH
 - ▶ ACTH causes adrenals to release corticosteroid (cortisol)
 - ▶ In short-term reduces inflammation, enhances muscles; long-term immune system weakened



Prolonged Stress Produces General Adaptation Syndrome (GAS)

Devastating effects of prolonged stress develops in three progressive stages.

Alarm

- Intense arousal occurs.
- There is mobilization of physical resources (release of catecholamines).
- Arousal remains above normal.



Resistance

- Body actively tries to resist or adjust to the continuing stressful situation.
- Resistance to new stressors is impaired.

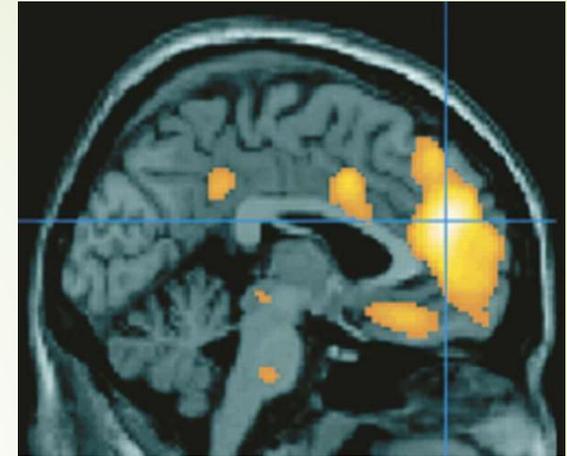


Exhaustion

- Physical exhaustion and physical disorders appear.
- Symptoms of the alarm stage reappear, only now irreversibly.
- Energy reserves are depleted and adaptation begins to break down, leading to death.

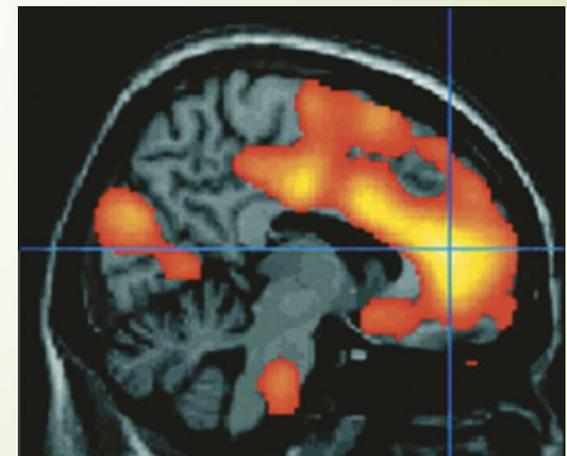
Mysterious Placebo Effect

- ▶ Genuine painkilling drugs and placebos activate the same brain area, called the anterior cingulate cortex.
- ▶ Cognitive expectations, learned associations, and emotional responses can have a profound effect on the perception of pain.
- ▶ Origin of word: from the latin meaning please or pleasing. first used in Catholic church during vespers for the dead. Psalms 114:9



Received placebo

From Science, 2005, 1737-1740. Petrovic, Pruckig, Kalo, Elin, Petersson, Karl M., and Ingvar, Martin. Placebo and opioid analgesia—imaging shared neuronal network. Reprinted with permission from AAAS



Received opiate painkiller

From Science, 2005, 1737-1740. Petrovic, Pruckig, Kalo, Elin, Petersson, Karl M., and Ingvar, Martin. Placebo and opioid analgesia—imaging shared neuronal network. Reprinted with permission from AAAS



Psychological Factors That Influence the Response to Stress

Personal control

- ▶ Feeling of control of stress-producing event often reduces psychological distress or physical arousal. (Faith?)
- ▶ Nursing-home residents who had opportunities to make choices (high control) were more active, alert, and healthier than does who did not (low control) (Rodin and others).



Psychological Factors That Influence the Response to Stress

- ▶ **Explanatory style (Seligman)**

- ▶ Optimistic explanatory style

- ▶ Uses external, unstable, and specific explanations for negative events

- ▶ Predicts better health outcomes; strong immune system

- ▶ Pessimistic explanatory style

- ▶ Uses internal, stable, and global explanations for negative events

- ▶ Predicts worse health outcomes



Psychological Factors That Influence the Response to Stress

➤ **Chronic negative emotions**

- Strong link between negative emotions and poor health
- People who are habitually anxious, depressed, angry, or hostile are more likely to develop a chronic disease, such as arthritis or heart disease.

➤ **Positive emotions**

- Associated with increased resistance to infection, decreased illnesses, fewer reports of illness symptoms, less pain, and increased longevity



Individual Factors That Influence the Response to Stress

▶ **Type A behavior and hostility**

- ▶ Exaggerated sense of time urgency, trying to do more and more in less time
- ▶ General sense of hostility, displaying anger and irritation; associated with heart disease
- ▶ Greater increases in blood pressure and heart rate

▶ **Type B behavior**

- ▶ More easygoing, relaxed, laid-back
- ▶ Not associated with heart disease

Social Factors

- **Social support**
 - Includes resources provided by other people in times of need
- **Effects of low social support**
 - Socially isolated people were twice as likely to die as people with good social relationships.
 - Chronic loneliness predicts poorer physical and mental health, higher death rates, and decreased cognitive functioning.



Social support from your community can buffer the effects of stress, especially during natural disasters.





Social Factors

- **Positive effect of diverse social networks**
 - Greater resistance to upper respiratory infections
 - Lower incidence of stroke and cardiovascular disease among women in a high-risk group
 - Lower incidence of dementia and cognitive loss in old age



Social Factors

- ▶ **How can social support positively benefit health?**
 - ▶ Can modify our appraisal of a stressor's significance
 - ▶ May decrease intensity of physical reactions to a stressor
 - ▶ Makes people less likely to experience negative emotion
 - ▶ Provides direct assistance (money, meals, trips to doctor, referrals)
- ▶ **What about negative impact?**
 - ▶ Negative interactions can create psychological distress.
 - ▶ Unwanted or inappropriate social support can increase stress.



Providing Effective or Ineffective Social Support

Effective Strategies

- Listening well and showing concern
- Asking questions that encourage the stressed person to express feelings and emotions
- Expressing affection and understanding about why the person is upset
- Investing time and attention in helping

Ineffective Strategies

- Giving advice that the person under stress has not requested
- Saying “I know exactly how you feel”
- Talking about yourself or your own problems
- Minimizing the importance of the person’s problem
- Joking or acting overly cheerful
- Offering **your** philosophical or religious interpretation



Problem-Focused Coping Strategies

- **Problem-focused coping**

- Aimed at managing or changing the stressor
- Is most effective when control can be exercised

- **Confrontive coping**

- Using aggressive or risky tactics
- Is ideal if direct and assertive but not hostile



Problem-Focused Coping Strategies

➤ **Planful problem solving**

- Analyzing situation rationally
- Identifying solutions
- Implementing solutions



Emotion-Focused Coping Strategies

➤ **Emotion-focused coping**

- Occurs when people believe nothing can be done to alter a situation
- Person directs effort toward relieving or regulating emotional impact of stressful situation
- Emotion-focused coping strategies can be helpful or not helpful
- Escape-avoidance
- Seeking social support
- Distancing
- Denial
- Positive reappraisal

Minimizing the Effects of Stress

Suggestion 1

- Avoid or minimize the use of stimulants.

Suggestion 2

- Exercise regularly.

Suggestion 3

- Get enough sleep.

Suggestion 4

- Practice a relaxation or meditation technique.

Questions?





Spasibo Gracias شکر Obrigado Spasibo Dank U
Grazie Ευχαριστώ Danke
Dziękuję Ευχαριστώ
Danke Merci Thank You Ngiyabonga Dank U
Grazie Diolch Thank You Ngiyabonga Dank U
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