

1. Early exposure to stressful events sensitizes the individual to stress later in life. These stressful events are called **stressors**.
2. What is the “fight-or-flight response?”

The body’s way of preparing for a situation an individual perceives as a threat to survival.

- Increase in BP, HR, respirations, and cardiac output

3. General Adaptation Syndrome

- a. *Alarm Stage* – Initial, brief, and fight or flight response to stress. (Response to fire alarm, car running a light)
- b. *Resistance Stage* – Sustained and optimal resistance to the stressor occurs
- c. *Exhaustion Stage* – Attempts to resist stress becomes futile. At this point, resources have been depleted and stress becomes chronic. Long term exposure to stress raises cortisol levels and can make us susceptible to illness

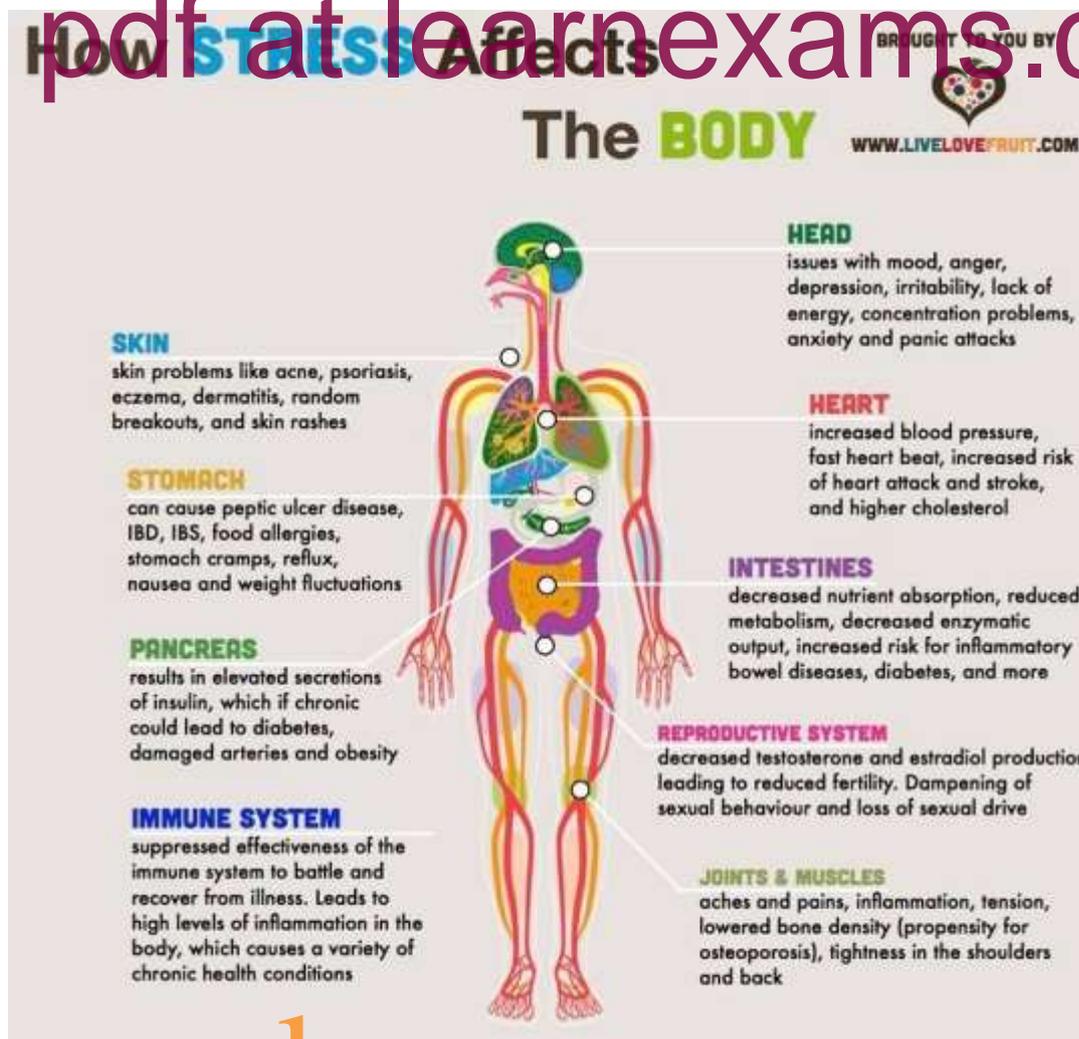
4. What is good stress? Bad Stress?

- **Good Stress (Eustress)** – Positive, beneficial energy that motivates and results in feelings of happiness, hopefulness, and purposeful movement. (Vacation, playing sports, birth of a baby, challenge of a new job)
- **Bad Stress (Distress)** – Negative, draining energy that results in anxiety, confusion, helplessness, and fatigue. (Death in the family, financial overload, school/work demands)

5. What are physiological stressors? Psychological stressors? What is perception of stressors?

- **Physiological Stressors** – Trauma, extreme heat/cold
- **Psychological Stressors** – Divorce, unemployment, death, retirement
- People perceive/handle stress differently. How we perceive stress is influenced by age, culture, life experience, temperament, social support, and spirituality/religion.

6. What effects does stress have on the body?



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Effective Stress Busters (Box 10.1, page 162)

Sleep

- 7-9 hrs per day
- Try going to sleep 30-60 minutes early each night for a few weeks
- Sleeping in late is not beneficial and can disrupt body rhythms
- Invest in a sleep tracker

Exercise

- 20-30 minutes of aerobic exercise each day (walking, jogging)
- Reduces chronic and acute stress
- Reduces anxiety, depression, and sensitivity to stress
- Reduces muscle tension and increase endorphins
- Exercise at least 3 hours before bedtime to prevent sleep disorders

Reduction of Caffeine Intake

- No more than four cups of coffee or colas per day (recommended for everyone)
- May cause insomnia, nervousness, restlessness, irritability, stomach upset, rapid heartbeat, muscle

tremors, shakiness

- Slowly wean off coffee, tea, cola, and chocolate drinks

Music

- Promotes relaxation
- Rates of healing may be improved w/ music
- Music can decrease agitation and confusion in older adults
- Quality of life in hospice settings is enhanced by music

Pets

- Bring joy and reduce stress
- Social support
- Alleviate medical problems aggravated by stress

Massage

- Slows heart rate and relaxes the body
- Improves alertness by reducing anxiety

7. What are 4 coping styles a person can develop to help them manage stress?

- **Health-Sustaining Habits** – medical compliance, proper diet, relaxation, pacing one’s energy
- **Life Satisfaction** – work, family, hobbies, humor, spiritual, solace, arts, nature
- **Social Supports** – groups, family, friends, pets
- **Effective and healthy responses to stress**

8. How would you explain Biofeedback to your patient? Deep Breathing? Guided imagery? Progressive relaxation? Meditation?

- **Biofeedback** is using sensitive instrumentation to provide immediate and exact information regarding muscle activity, brain waves, skin temp, heart rate, blood pressure, and other bodily functions. (Exercise/steps trackers, smart watches)

9. DEEP BREATHING

Deep Breathing Exercises (Box 10.2, page 165)

- Find comfortable position
- Relax shoulders and chest; let your body relax
- Relaxed, abdominal breathing. Take a deep breath through your nose, expanding the abdomen. Hold it for 3 seconds, then exhale slowly through the mouth, exhale completely
- With each breath, turn attention to the muscular sensations that accompany the expansion of the stomach
- As you concentrate on your breathing, you’ll start to feel focused