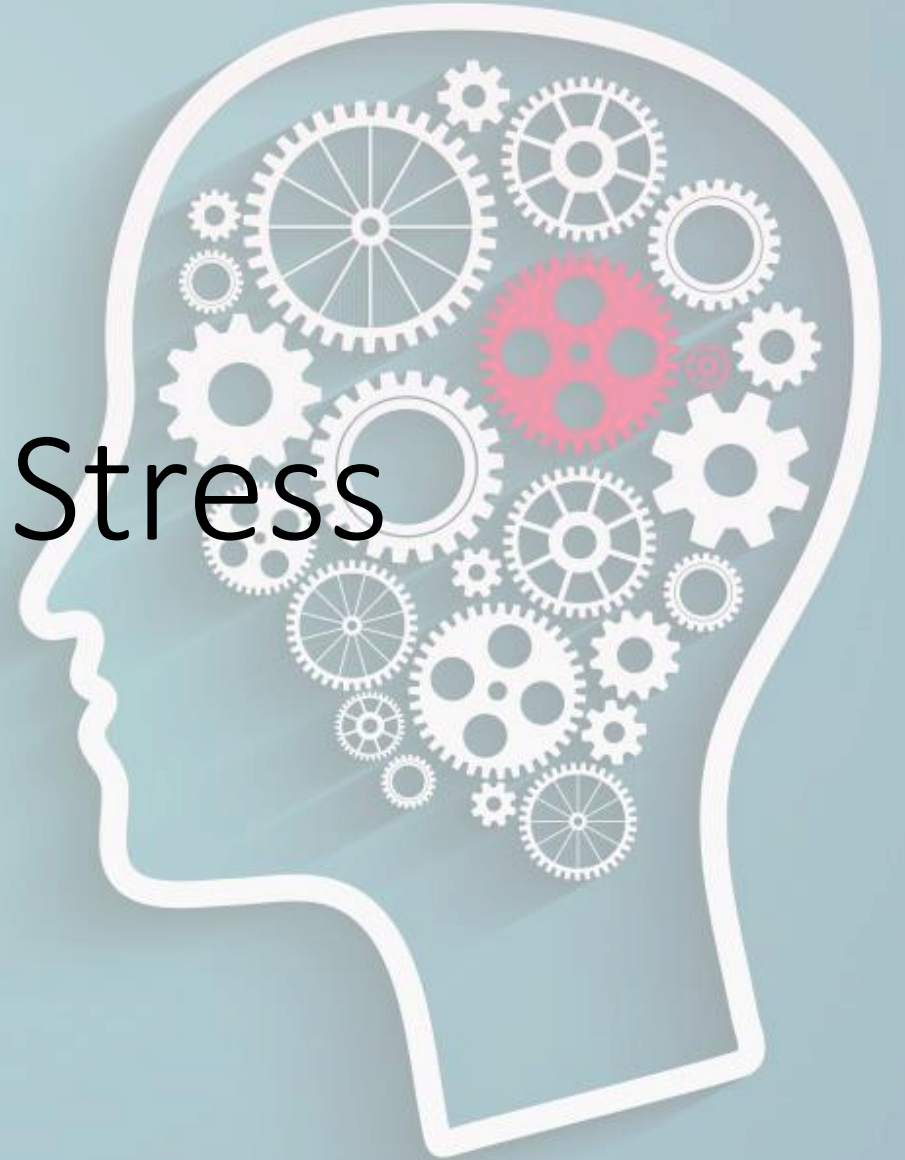
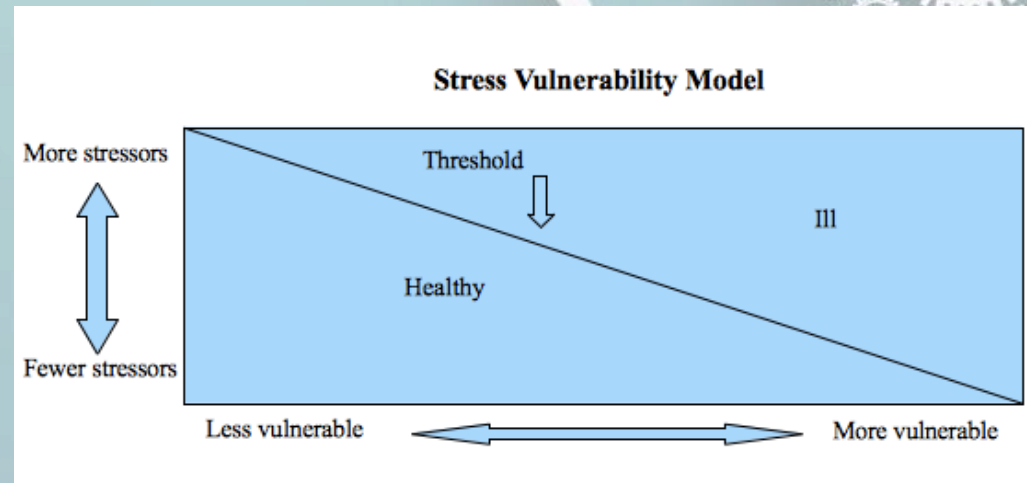


Psychology of Stress



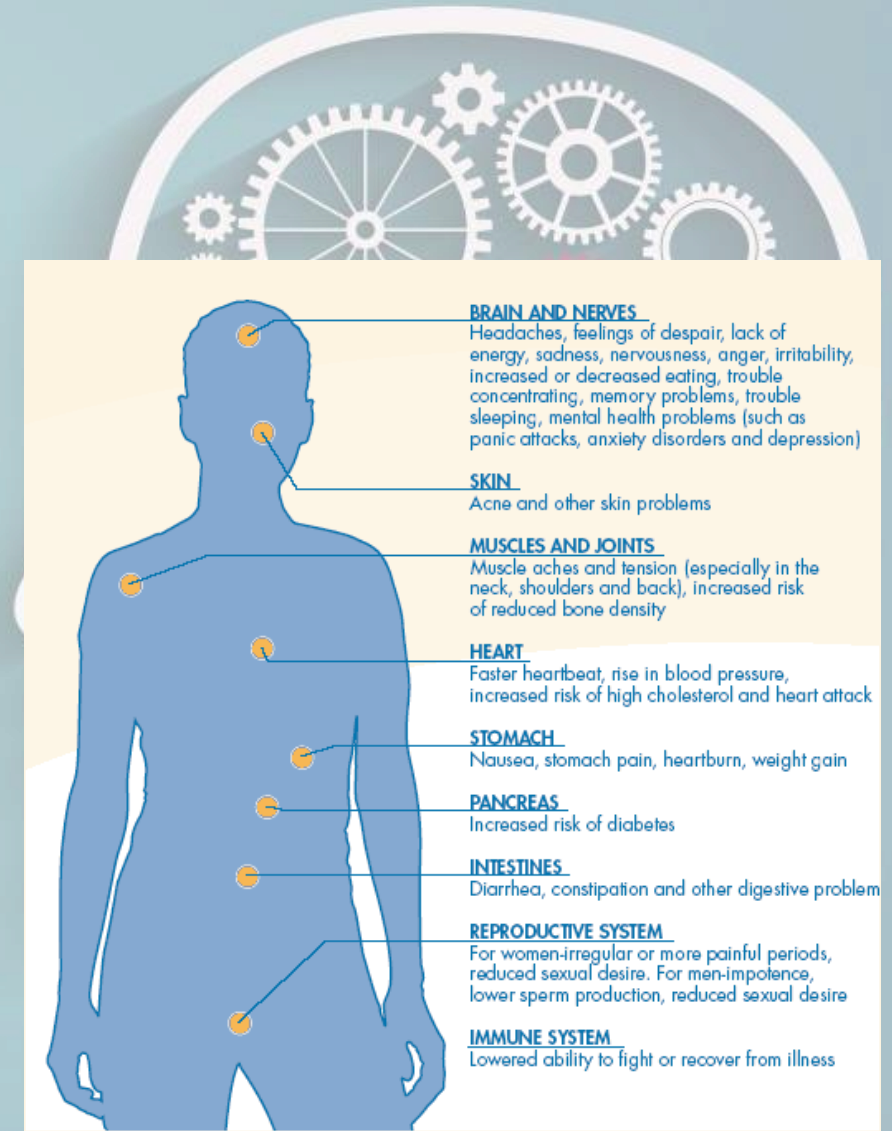
Vulnerability to Stress

- Negative life events and chronic strains are unequally distributed in the population
 - In modern society a lot of stress is dealing with financial and relationship issues
- Some groups have fewer resources and are thus more vulnerable
 - Ex. The elderly, the very young, unmarried people, people of low socioeconomic status



The Impact of Stress

- Hundreds of studies associated major life events and onset of anxiety, depression, schizophrenia, and other mental disorders
 - Brown and Harris (1978) found major negative life events make people vulnerable to clinical depression
- Other researchers found that certain types of life events are more likely to be associated with development of mental disorders than others
 - Events that are “nonnormative, unexpected, uncontrollable, clustered in time.”



Treating Stress

- Change environment
 - Eliminate/reduce stressors
- Teach coping
 - Increase social support
 - Raise self-esteem
 - Give a stronger sense of control (empower)



Coping with Stress

- Using coping resources to handle stressful demands
 - Social resources
 - Social networks: family and friends
 - Personal resources
 - Self-esteem and sense of control or mastery over life
- Using coping strategies
 - Behavioral or cognitive attempts to manage stressful demands

