• What is Stress?
  • Stress -
  • Stressor -
    • Eustress vs. Distress
  • Physical Responses to Stressors
    • Two Major Control Systems

• Components of the Central Nervous System
  • Brain
  • Spinal Cord
  • Nerves

• Divisions of the Central Nervous System
  • Central Nervous system is divided into:
  • Autonomic Nervous system is divided into:
    • The sympathetic branch controls:
    • The parasympathetic branch controls:

• Components of the Endocrine System
  • Scattered glands, cells, tissues that:
  • Hormones regulate & control body functions
  • You need to know the location and function of:
    • Pituitary:
    • Thyroid gland:
Health Science

Stress: The Constant Challenge-Chapter Two

Lecture Outline

- Adrenal glands:
- Pancreas:
- Ovaries:
- Testes:

- The CNS & Endocrine System Work Together to respond to Stress
  - Ex. Release of cortisol and adrenaline during a stress response

- Physical Responses to Stress
  - Cortisol and Adrenaline cause:

- Emotional & Behavioral Responses to Stress
  - Behavioral response to stress is controlled by somatic N.S.
    - Effective responses to stress:
    - Ineffective responses to stress:

- Personality and Stress
  - What determines how we respond to stress?
    - Type A
    - Type B
Stress: The Constant Challenge-Chapter Two

Lecture Outline

- Type C
  - Resilient personality
    - 
    - 
    - 
    - 
- What is Homeostasis?
  - Defined:
- Why is it important to return to homeostasis?
  - 
- The General Adaptation Syndrome
  - Pattern of all stressors
    - Alarm
      - 
    - Resistance
      - 
    - Exhaustion
      - 
      - Allostatic Load:
        - 
- Stress and Disease
  - Several components interact w/ stress to increase vulnerability to disease
    - 
    - 
    - 
    - 
- Women, Men, and Stress
  - Women and stress
    - 
  - Men and stress
• American Psychological Association’s “Stress in America” survey

• Physiological Differences
  • Men
  • Women

• Psychoneuroimmunology (PNI)
  • Study of:
    • Specific connections between stress & immune system exist
      • Chronic high blood pressure
        • Atherosclerosis
      • Strokes
      • Psychological problems brought on by:

• Managing Stress
  • How sleep works:
    • Two phases:
      • During NREM:
      • During REM

• Sleep problems:
  • Insomnia
  • Sleep apnea

• Cognitive Techniques
• Relaxation Techniques
  o Progressive relaxation-
  o Visualization-
  o Meditation-
  o Deep breathing-
  o Yoga-
  o Music-
  o Tai chi (Taijiuan)-
  o Biofeedback