

15.3 Coping with Stress

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Psychological Coping Strategies

Cognitive appraisal—interpretation or evaluation of an event, helps determine the impact that stress has on an individual.

Challenge vs threat



Defensive Coping Strategies

Denial- person decides and event isn't really a stressor.

Intellectualization- person watches and analyzes the situation from an emotionally detached standpoint

Both can prevent physical reactions to stress.

Active Coping Strategies

Hardiness: personality traits of control, commitment and challenge that help us reduce the stress we feel.

Control → Commitment → Challenge

Ex. Public speech (valedictorian)

Controlling Stressful Situations: controlling our exposure to stressful events, thereby reducing our stress.

Ex. Avoiding (sometime can be good!), Spacing out stressful events.

Active Coping Strategies

Problem Solving- confronting the situations head-on. Regarding conflicts as problems to be solved instead of as a setback.

Involves a rational analysis of the situation what will lead to an appropriate decision.

Ex. Scholarship applications due same day as a big Biology test.

Explanatory Style- Optimist (seeing the bright side) vs Pessimist (dark side).



“Whether you think
you can, or your
think you
can’t...you’re right.”

WISE WORDS FROM MR. BURDEN (MY DAD)

Relaxation

Counteracts physical and psychological to stress. Can allow the person to reach an alpha-wave mental state related to that of Stage 1 sleep and can resume their activities feeling refreshed.

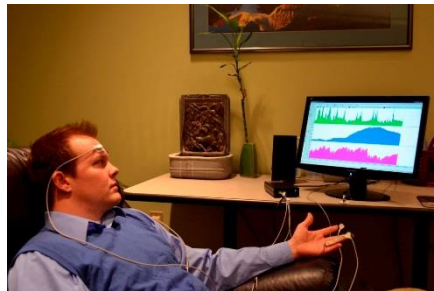
Progressive relaxation: lying down comfortably and learning how to tense and then relax each major muscle group in turn.

Meditation: conjure up soothing images and letting them go.



Acting Coping Strategies

Biofeedback: a technique for bringing specific body processes (blood pressure) under a person's conscious control. Uses an electronic device to monitor and provide instant feedback.



Humour: Laughing releases tension, and makes room for perspective on difficult situations.



Active Coping Strategies

Exercise: It stimulates and provides an outlet for physical arousal, and may burn off stress hormones.



Support Groups and Professional Help: Social support

Active Coping Strategies

Training: Training to prepare for stressful situation can ease the stress in the moment. (Grad rehearsal).

Improving Social Skills: A lot of our stress is caused from interpersonal relationships. Developing these skills can ease stress.

