Ch. 9 lesson 1

- Terms
- Stress
- Stressors
- Body's response to stress
- Fatigue

Ch. 9 lesson 1 objectives

- Distinguish between distress and eustress
- Identify stressors in daily life
- Discuss how the body responds to stressors
- Distinguish between physical, pathological, and psychological fatigue
- Relate excessive stress to disease

Types of stress

- Distress - Negative stress, too much pressure or trauma

  Example : Too much homework or missing the bus

- Eustress - Positive stress, helps you achieve goals

  Example : Concern about final grade makes you study harder

Kinds of stressors

- Biological - Biochemical imbalances, mental or physical illness, disabilities, or injuries

- Environmental - Poverty, pollution, noise, natural disasters

- Cognitive - Way you perceive a situation

Kinds of stressors (cont)

- Personal behavior - Negative reactions caused by drugs
- Life situations – Family death, divorce, friendship problems
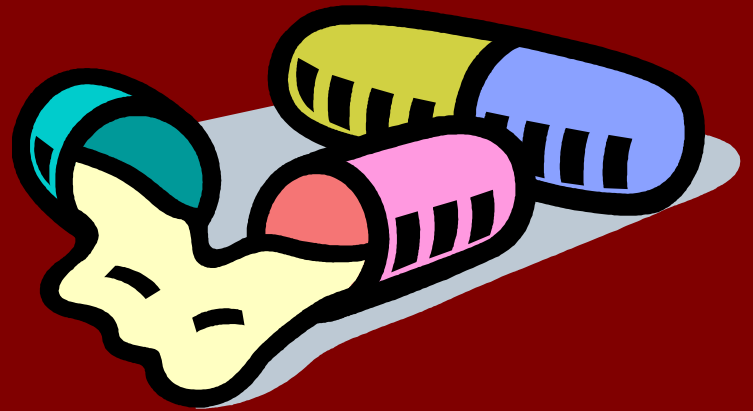
Body's response to stress

- How your body and mind reacts to stress
- Nervous and endocrine system activated
- Most of body's response is involuntary

Body's response to stress (cont)

- 1st stage (alarm) – Hypothalamus (nerve center in brain) is excited. Pituitary gland secretes a hormone, which in turn stimulates the adrenal glands to produce adrenaline.
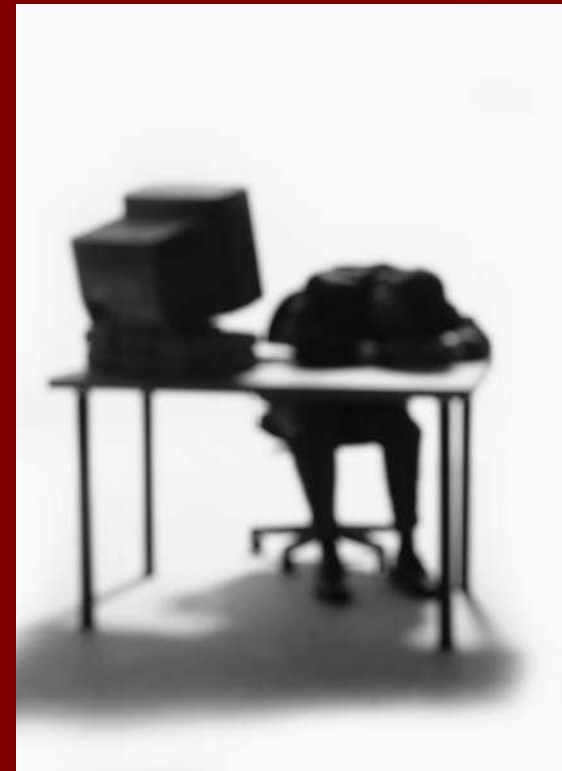
Body's response to stress (cont)

- 2nd stage (resistance) – When the body tries to repair itself from the stressful event and return to it's normal state. If prolonged you may become ill.
- Incredible feats of strength

Body's response to stress (cont)

- 3rd stage (fatigue) – Tired feeling, lowers one's level of activity or desire

Fatigue

- 3 types of fatigue

    1. Physical - Lactic acid build up in muscles and causes soreness

    2. Psychological – Results from constant worry, depression, overwork, boredom,   isolation

Fatigue (cont)

3. Pathological - Tiredness brought on by overworking body's defenses for fighting disease. The flu, overweight, poor nutrition, drugs contribute to this fatigue.