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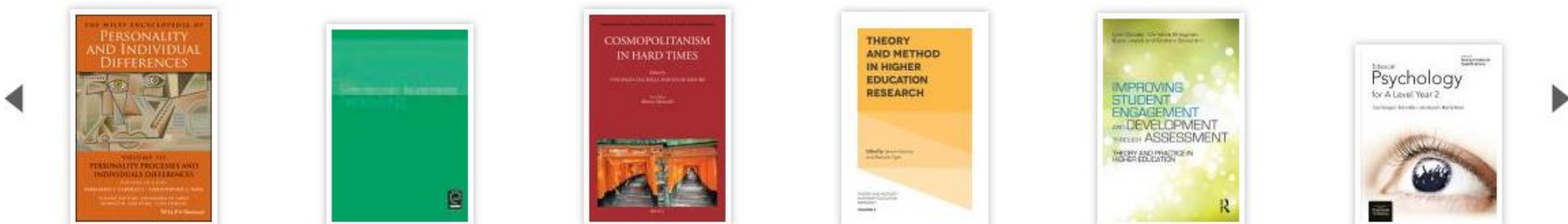


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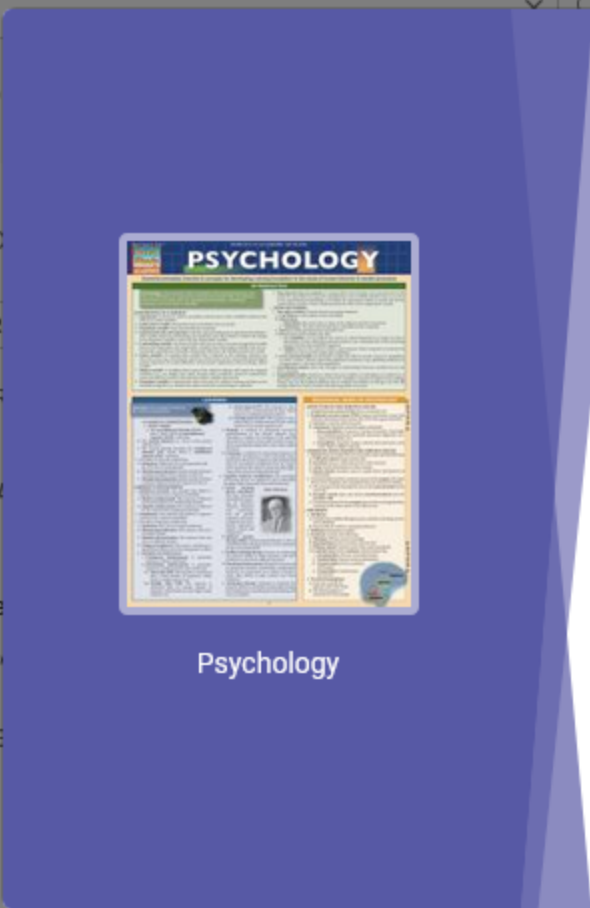
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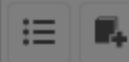
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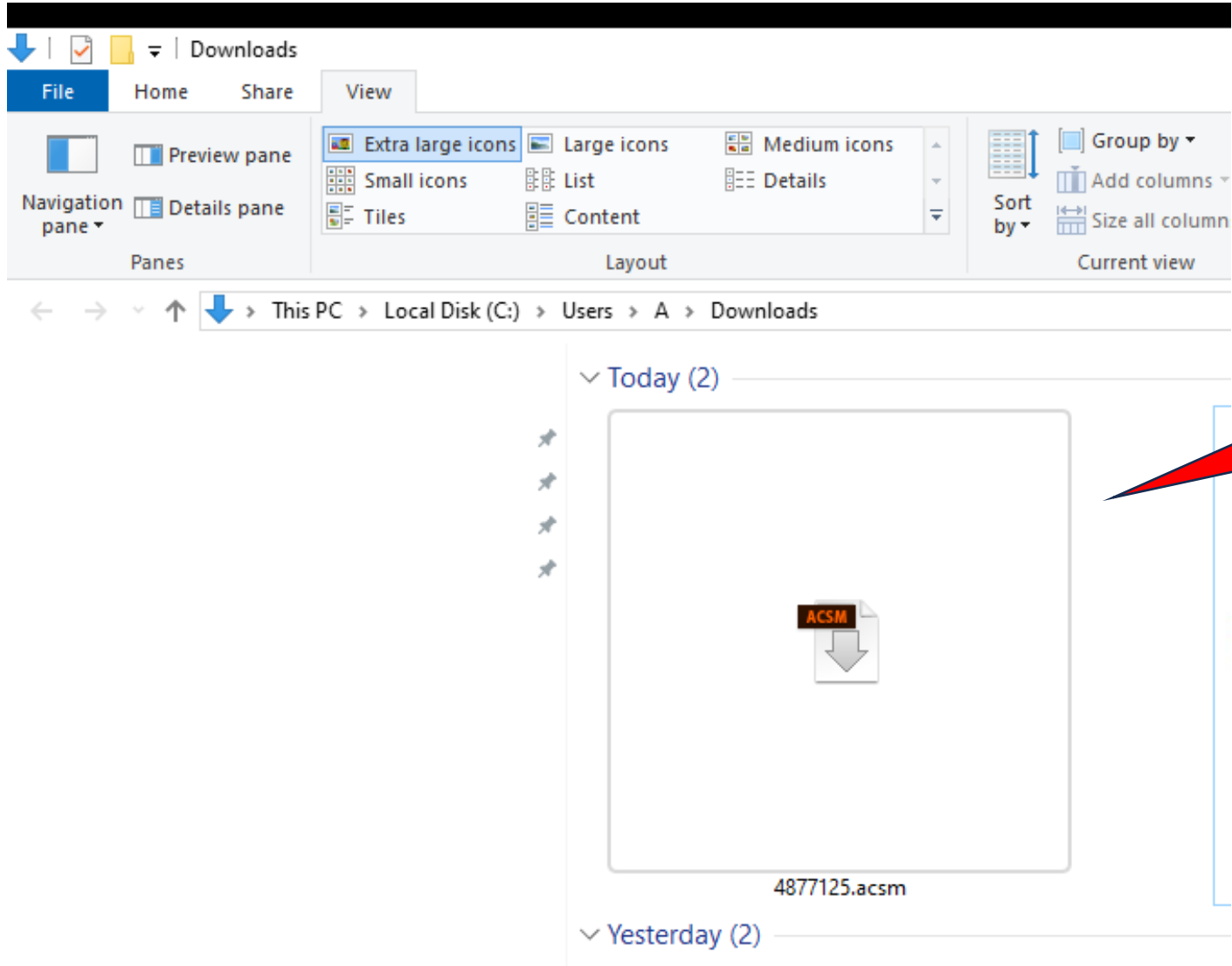
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WORLD'S #1 ACADEMIC OUTLINE

# PSYCHOLOGY

## STRESS & HEALTH

### • Stress

1. **Stress** generally indicates a process or state that undermines or disrupts an organism's equilibrium or homeostasis; on a subjective level, stress is experienced as a negative feeling (nervousness, indigestion, sweating, etc.) when the challenges presented by a situation (real or imagined) exceed one's perceived capacity for successfully coping with these factors
2. Biological reaction
  - A. **Fight or flight:** Characterized by increased heart rate and breathing and tense muscles; an organism's fundamental response when confronted with what it perceives as a threat to its survival (i.e., to flee or to fight the threat)
  - B. Increased activity in the sympathetic nervous system
  - C. Adrenal glands secrete epinephrine (adrenaline) and norepinephrine
3. Coping with stress
  - A. Reappraise the situation
  - B. Maintain control over the stressful situation

### • Psychology & Illness

1. **Heart disease: Type A personalities** are hardworking and competitive and thus have an increased incidence of heart disease when compared to **type B personalities**, who are easygoing
2. **Cancer:** Exposure to carcinogens increases the risk; however, psychosomatic factors can play a role in influencing the effectiveness of the immune system and therefore the susceptibility to some types of cancer

### • Health & Social Relationships

1. Friends and family can play meaningful roles in helping an individual cope with stress
  - A. Social relationships offer emotional, cognitive, and tangible support
  - B. Cultural differences in the value placed on friendships may mitigate the efficacy of friendship as a stress reducer
2. Friends can produce and exacerbate stress, due to the **contagion effect**
  - A. Having a friend under stress can increase one's stress level
  - B. The burden of caring for others can increase stress (e.g., being a caregiver of an Alzheimer's patient)

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