



A Deep Dive into Stress

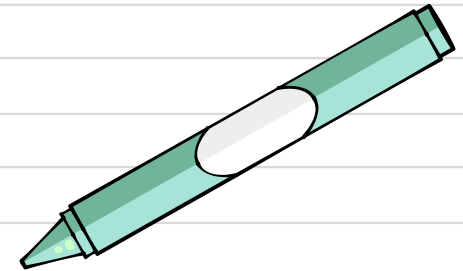
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Honors Project Presentation



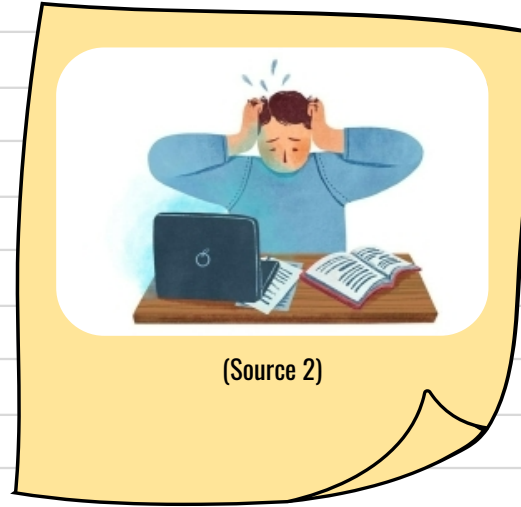
01

What is
Stress?

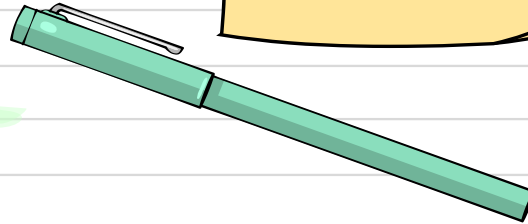
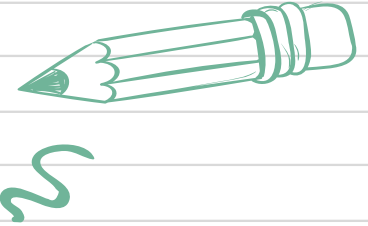


“Stress is the term used to describe the physical, emotional, cognitive, and behavioral responses to events that are seen as threatening or challenging”

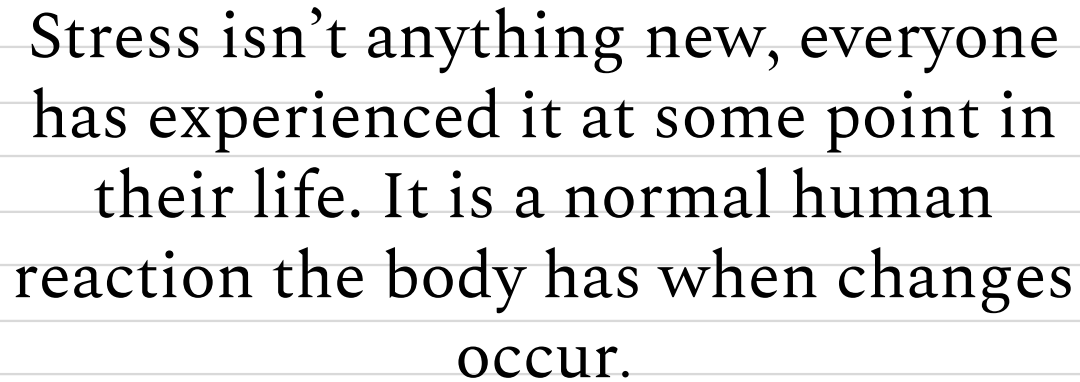
(Source 1)



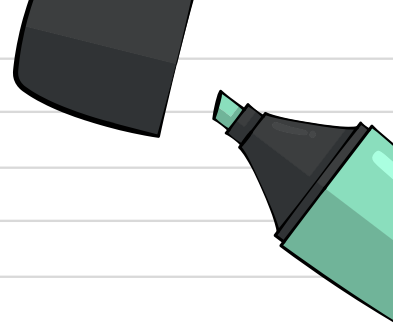

(Source 2)



Everyone experiences stress



Stress isn't anything new, everyone has experienced it at some point in their life. It is a normal human reaction the body has when changes occur.





02

**What does
stress do to us?**





Stress affects our Brain & Body!

“Our bodies are well equipped to handle stress in small doses, but when that stress becomes long-term or chronic, it can have serious effects on your body”

(SOURCE 3)



(SOURCE 4)



How chronic stress affects our...

Brain

- *Dementia*
- *Disrupts learning and memory*
- *Decreases defenses against cancer cells*
- *Impairs growth of new neurons*
- *Impairs brain's ability to transport and use glucose*

Source 10

Body

- *Psychoneuroimmunology researchers have found that stress activates the same response in the immune system that stress triggers*
- *Weight gain*
- *Diabetes*
- *Fertility Problems*
- *Cardiovascular disease*
- *Compromised ability to fight infections*

Source 10

Most stressful major life events

(Recorded from the SRRS)

100

*Death of a spouse,
being raped, & finding
out HIV positive*

90-97

*Death of a close friend,
Concerns about pregnancy,
Finals week*

75

Divorce, Getting married

63

Jail term, Job Changes

63

Death of a close family member

53

*Personal injury or illness, Maintaining a
steady relationship*

50

Marriage, Being away from home

(Source 1)



Most stressful jobs

(Source 5)

1

Urologist

2

Film and video editors

3

Anesthesiologist
assistants

4

Judges and
Magistrates

5

Telephone operators

6

Nurses

7

Obstetricians &
Gynecologists

8

Public safety
telecommunicators




03

**The Different
types of stress**






The 3 Types




Acute

"We experience acute stress multiple times each day. It can occur when there is a challenge, a perceived threat, or when something unexpected happens"



Episodic

"This occurs when we frequently experience acute stress and can develop as a result of taking on too much responsibility or being overburdened."



Chronic

"The APA defines chronic stress as stress that is constant and persists over an extended period of time. It is the most harmful type of stress to our health."

(Source 6)



More about chronic stress...



Source 7

“Chronic stress can be caused by poverty, abuse of any kind, a poor work environment, having a dysfunctional marriage or family, or substance abuse. Symptoms of chronic stress can become overwhelming or debilitating. Some people may experience fatigue, changes in appetite, difficulty sleeping, headaches or difficulty concentrating. Chronic stress left untreated for a long period of time can have serious consequences and lead to health problems such as insomnia, obesity, heart disease, hypertension or diabetes.”

Source 6

Eustress

“Eustress is a type of stress that results from challenging but attainable and enjoyable or worthwhile tasks. It has a beneficial effect by generating a sense of fulfillment or achievement and facilitating growth, development, mastery, and high levels of performance”

Positive stress?!

Source 9

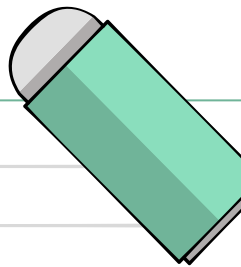


04

**Stressors in
life**



There are two different stressors in life



Little T

"A little T event is one experiences as traumatic at a personal level, such as the loss of a pet or a relationship breakup"

Source 8

Big T

"A bit T event is one that most people would consider traumatic, such as a plane crash, or sudden and unexpected loss of a loved one"

Source 8



05

**How to cope
with stress**

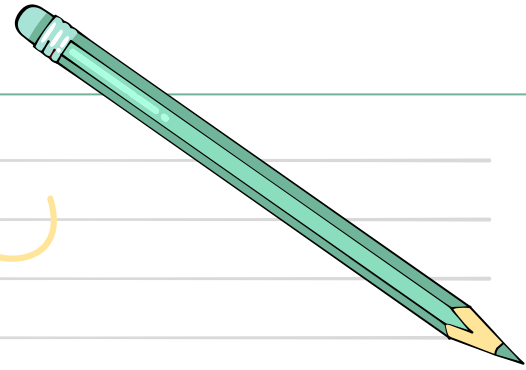


Some ways to cope with stress...

- Take a break from social media
- Go outside more
- Practice breathing exercises
- Take care of your body
- Avoid using drugs
- Connect with friends
- Make time to relax



- Exercise
- Make time to do hobbies and things you enjoy
- Get more sleep
- See a therapist
- Go on vacation
- See family more





**Stress is a
mindset**

"Stress is not what happens to us. It is our response to what happens, and response is something we can choose"

- Maureen Killoran



Works Cited

- Source 1
- Source 2
- Source 3
- Source 4
- Source 5
- Source 6
- Source 7
- Source 8
- Source 9
- Source 10

