



Psychology

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Concepts of Stress

- Stress is a universal phenomenon
- Stress can have both positive and negative effects.
- Stress is produced by a change in the environment that is perceived as a change, threat, or danger.



Definitions

- **Stress** is "non-specific response of the body to any kind of demand made upon it".

Models of Stress

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Stimulus-based Model

(Holmes & Rahe Model- 1960)

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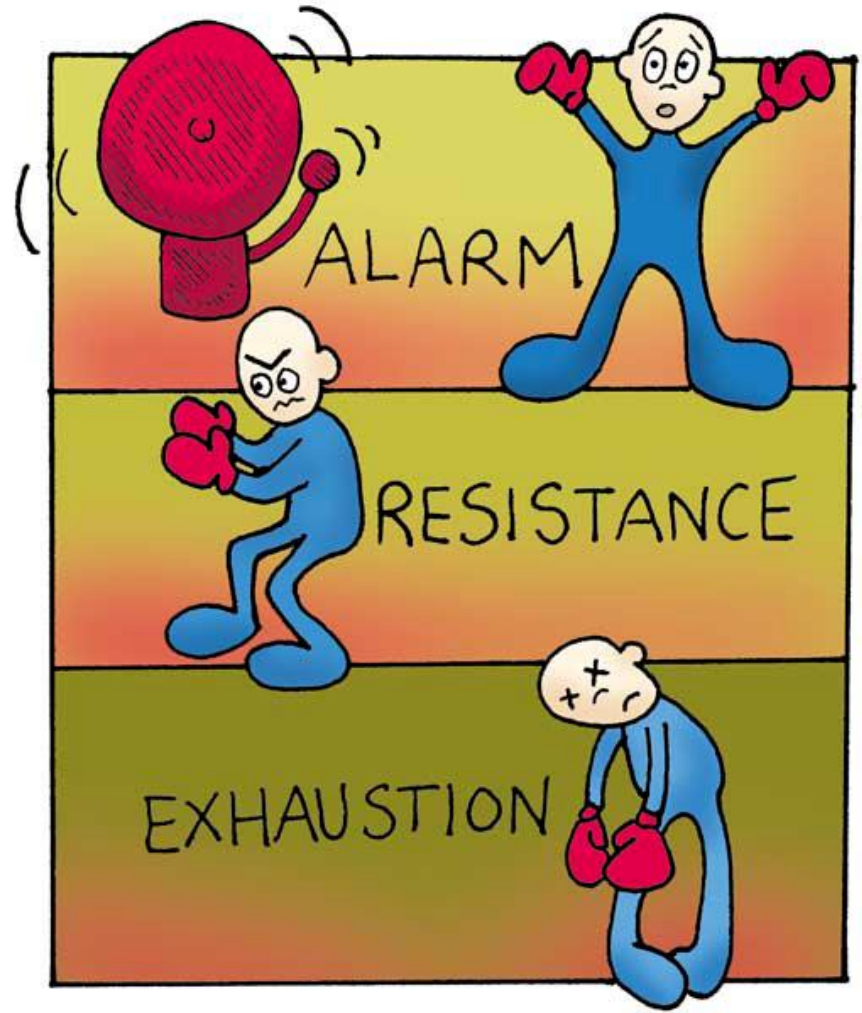
Transaction-based Model

(Lazarus, 1966)

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Response-based Model

General Adaptation Syndrome (Hans Selyes, 1945)



Coping with Stress

- **Problem-focused coping strategy**
- **Emotion-focused coping strategy**
- **Seeking social support**



Source of stress

- *Environmental stressors:*
- *Physiological stressors:*
- *Social stressors:*
- *Thoughts:*

Symptoms of Stress

Cognitive Symptoms

Emotional Symptoms

Physical Symptoms

Emotional Symptoms

Physical Symptoms

Stress Management Strategies

- Take care of your body (healthy eating)**
- Laugh**
- Know your limits**
- Think positively**
- Clarify your value and develop a sense of life meaning**
- Have a good cry**
- Avoid self- medication**

Finished