

Segment 1

**What is
Stress?**



Segment 1 Objectives:

- Describe psychological stress
- Explain the common causes of stress
- Describe the physical health effects of excessive stress

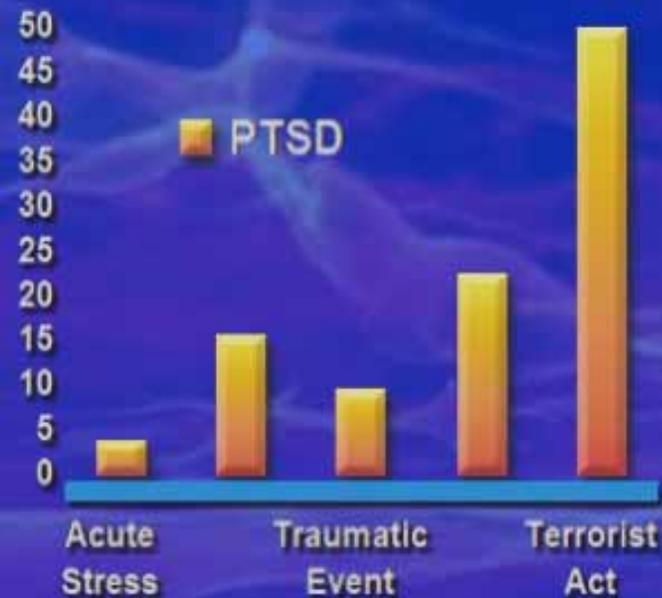
The Stress Response

- Increased heart rate
- Rapid breathing
- Increased energy
- Decreased immunity
- Sharper senses



Short-Term Stress

- Everyday threats
- Field deployment
- Traumatic events
- Natural disaster
- Terrorism



Long-Term Stress

- Everyday hassles
- Adversity
- Response to environmental contamination
- Response to threats of terrorism

Physical Signs of Acute Stress

- Nausea
- Tics and tremors
- Sweating
- Dizziness
- Heart palpitations



Emotional Signs of Acute Stress

- Anxiety
- Anger
- Apprehension
- Irritability
- Sorrow



Behavioral Signs of Acute Stress

- Pacing
- Impulsiveness
- Arguing
- Hyperventilation
- Freeze reaction



Mental Signs of Acute Stress

- Forgetfulness
- Poor concentration
- Slow thinking
- Confusion
- Indecisiveness



Effects of Stress on Physical Health

- A normal load of daily stress does not affect health.
- A heavy burden of chronic stress or an intense burst of traumatic stress increases risk of certain diseases in susceptible people.

Stress-Related Health Conditions

Long-term stress plays a role in these health conditions

- Heart disease
- Hypertension
- Decreased immunity
- Rheumatoid arthritis
- Irritable bowel syndrome



Stress Prevention Factors

- Coping skills
- Psychological resilience
- Social support
- Exercise, good diet and adequate sleep