

Faulkner University
A Christian University

Marriage & The Family
BI 2310

www.escoc.net/faulkner

Monday, November 27

- Chapter Five, Stinnett
 - Acute Stress
 - Chronic Stress
- Mid Term Prep.

Stress

What is Stress? The Nature of Stress

Stress is tension within the body caused by competing forces. May be physical or psychological.

Stress

What is Stress? The Nature of Stress

Some stress is acceptable, even good & necessary.

Good stress, stress which causes growth and development is called *adaptive stress*.

Stress

What is Stress? The Nature of Stress

Bad stress, that which causes harm, is called *distress* and may lead to *anxiety* or *depression*.

A variety of medical and psychiatric complications arise from bad stress.

Stress

Sources of Stress

Major Stress

- Acute (sudden)
 - New onset of illness
 - Trauma
 - Job loss
 - Sudden financial loss.
 - Sudden interpersonal relationship issues
- Chronic (on-going)
 - Less painful
 - Very present and hurtful

Stress

Sources of Stress

Chronic Stress (on-going)

- Never goes away, always present
- Sources
 - Illness
 - Financial issues
 - Childcare issues
 - Eldercare
 - Significant work issues

Stress
Sources of Stress

Hassles

- Frequent, possibly daily aggravations
- Sources
 - Traffic
 - Work
 - Shopping
 - Homework
 - Housekeeping
 - Childrearing
 - Noise

Stress
Sources of Stress

Acute Stress

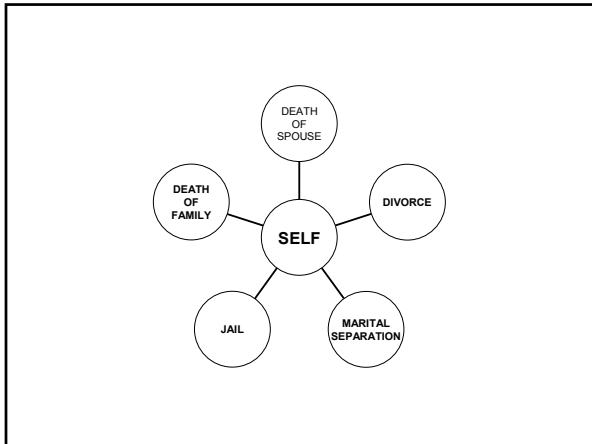
Chronic Stress

Hassles

Stress
Sources of Stress

Acute Stress

- Unpredictable
- Uncontrollable
- Short-Term
- Generally not harmful
- Can adversely affect relationships within the home



Stress
Sources of Stress

≥ 300 = 80% increase in risk of illness

150-299 = 50% increase in risk of illness

<150 = ≈ 30% increase in risk of illness

Stress
Sources of Stress

The research seems to suggest that stability and adaptability are important traits to achieve.

Stress
Sources of Stress

Chronic

- Predictable
- Manageable
- May prove very harmful
- Can adversely affect relationships within the home

Stress
Sources of Stress

Hassles

- Sometimes Unpredictable
- Manageable
- Can exacerbate other stressors
- Can adversely affect relationships within the home

Stress
Sources of Stress

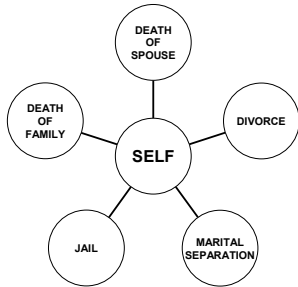
“...we experience a much greater degree of harmful stress from the small daily hassles than we do from the major crises or storms in our lives.”

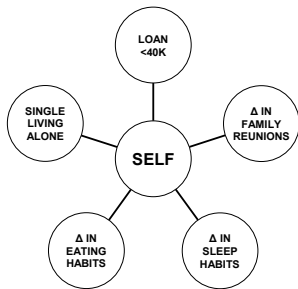
SHS, pg. 63

Stress
Sources of Stress

“...any of the daily things than can
– and do – go wrong can become
stressors.”

SHS, pg. 63





Stress

Managing Stress Overload

Symptoms of Overload

- Decisions become difficult
- Excessive daydreaming, escapism
- Increasing use of alcohol, drugs, cigarettes
- Excessive worrying
- Sudden outbursts
- Increased mistrust paranoia

Stress

Managing Stress Overload

Symptoms of Overload

- Increased forgetfulness
- Frequent brooding; feelings of inadequacy
- Insomnia
- Fatigue
- Sharp changes in usual behavior

Adapted from: Stinnett, Walters, Stinnett, *Relationships in Marriage and the Family*, 1991, Prentice Hall, pg. 18

Stress

Managing Stress Overload

Stress is unavoidable. Therefore it must be managed wisely.

Stress

Managing Stress Overload

- Plan Your life
 - Choose an occupation that reflects your values
 - Choose a spouse that reflects your values
 - Choose a domicile that reflects your values
 - Carefully clarify your priorities and make choices accordingly

Stress

Managing Stress Overload

- Reduce Fragmentation
 - Fragmentation occurs when we spread ourselves too thin, have too many responsibilities or too many interests.
 - Focus will reduce fragmentation
 - Learn to say “No” and mean it.

Stress

Managing Stress Overload

- Compartmentalize
 - To compartmentalize is organize our affairs into unique, non-overlapping areas.
 - Some overlap is certain, but work to lessen the impact.
 - Leave work, at work

Stress

Managing Stress Overload

- Maintain Perspective
 - You may not be able to change every circumstance, but you can change the way you view them.

 - Keep the long view. What will impact us a year, five years from now.

Stress

Managing Stress Overload

- Develop A Positive Outlook
 - **Search** for the silver lining.

 - “People are as happy as they make up their minds to be” (Abraham Lincoln)

 - Assumptions about Life
 - people are good
 - life is good
 - I can be happy

Stress

Managing Stress Overload

- Maintain A Sense of Humor
 - Muscle relaxation

 - Decrease in stress hormone levels

 - Immune system enhancement
 - Cellular level
 - IgA increases

 - “the simple truth is that happy people generally don’t get sick...” (Bernie Siegel, MD)

Stress

Managing Stress Overload

- Exercise
 - Physical exercise contributes to good health
 - Exercise releases pent-up frustrations and allows a form of venting.
 - Exercise naturally produces a tranquilizing effect and neutralizes stress.

Stress

Managing Stress Overload

- Find a Relaxing Activity
 - Not job-related
 - Family related activities help the individual and build the family
 - May, or may not be physical.
 - Games
 - Fishing, hunting, hiking, camping, etc.

Stress

Managing Stress Overload

- Use Relaxation Techniques
 - Some simple like deep breathing, counting to 10.
 - Forms of meditation
 - Prayer
 - Biofeedback

Stress

Managing Stress Overload

- **Get Help**

- **Stress causes**

- Illness
 - Trauma
 - Separation
 - Divorce

- **Find Help**

- Pastoral Counseling
 - Community Health Agencies
 - Workplace Employee Assistance Programs
 - Personal Psychologist
