

Chapter 3 Stress and Personality

Lesson 1 –What causes stress? Stress – a reaction of your body and mind to **threatening** or **challenging** events

Causes: Stressors –

- Major life changes -
- Every day problems -
- Physical surroundings -

Types:

- Eustress –
- Distress –

Do Major Life Changes Self Assessment on back:
(use this space to do the math)

Lesson 2 – How stress affects the body

3 Stages of stress:

1. Alarm stage

Homeostasis

Adrenaline

Fight or Flight

2. Resistance stage

3. Exhaustion stage

Recognizing signs of stress (list 3 examples for each):

- Physical signs
- Emotional signs
- Behavioral signs

Stress and illness or injury: Psychosomatic illness-

- Injury
- Lowered resistance
- Ulcers
- Asthma
- High blood pressure/ heart disease

Lesson 3 – Stress and Personality

Personality types:

Type A –

Type B –

Type AB – is a mixture of A and B. This is a healthier pattern but they have the potential to slip into A behaviors.

Perfectionist –

Negative thinking --

Hardiness –

- View stress as challenges or opportunities
- Committed to involvements
- Feel in control of stressful situations and can influence the outcome

ARTICLE: PERFECTIONISM

1. What are the 3 types?
2. In your opinion which is the most harmful to self & others (be ready to explain)
3. Put yourself on a scale of 1-10 (10 being a perfectionist)
4. What negative feelings & behaviors are associated with being a perfectionist? List all
5. List all the positive traits.
6. In your opinion on a scale of 1-10, what is healthiest?
7. List 3 facts you learned from the article.

Lesson 4 – Managing Stress

(Define):

Confronting the problem

Time management

Physical activity

Relaxation

Mental rehearsal

Biofeedback

Humor

Talk it out or Get help

ANSWER:

1. A major stressor(s) in my life
2. I have been experiencing this stress since...
3. Symptoms I experience
4. One method I use to cope
5. Perhaps a more effective method of coping could be