

Stress & Resilience

Stress

A state of mental or emotional strain

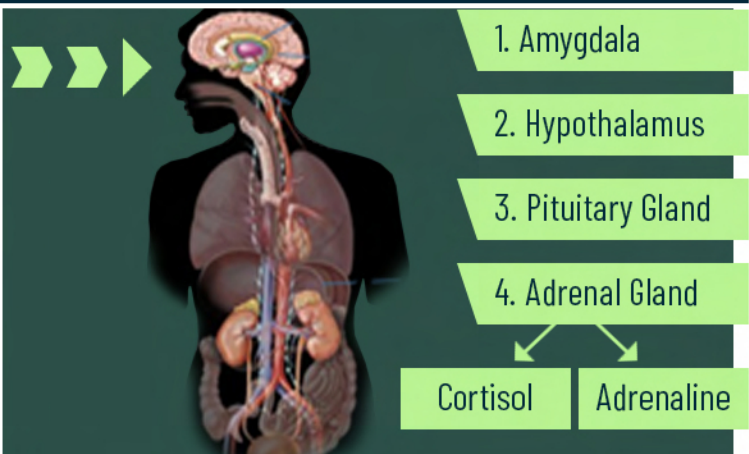
Associated with an individual's perception of their ability to handle adverse circumstances

Causes positive & negative affect on your mind, body, spirit & social domains

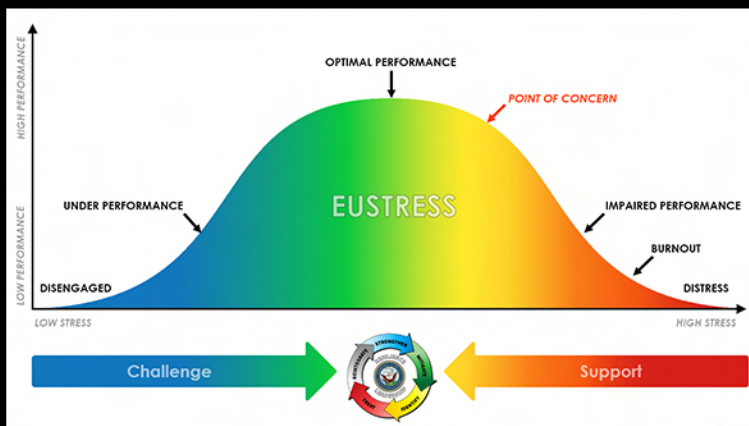
Stressors

Any experience that causes stress in an individual

These experiences are perceived as threats or challenges



When a threat is perceived, the amygdala sends a distress signal to the hypothalamus. Acting as a command center, the hypothalamus sends immediate signals to the pituitary gland, which stimulates the adrenal glands to produce and release adrenaline and cortisol. Together, these hormones prepare the body to deal with the threat through the "fight or flight" response.



Stress is necessary and normal in our everyday lives.

Without challenges, we would be unstimulated, bored and lose interest in life.

Stress is necessary for optimal performance.

Eustress (positive stress) occurs when stress is high enough to motivate you to get things accomplished.

Distress (negative stress) occurs when the stress level is too high and your body begins to respond negatively.

Chronic and/or severe stress and burnout occurs when stress is severe, frequent, or sustained.

Four Sources of Stress Injury

Wear and Tear

Fatigue of prolonged stress

Inner Conflict

Beliefs injury, ethic/moral conflict, survivor's guilt

Loss

Grief due to loss

Life Threat

Traumatic life event

Four Domains of Resilience

Mind

How you perceive stressors

Body

Physical health, sleep, nutrition, fitness, body maintenance

Social

Social connections and support

Spirit

Sense of purpose and meaning in self and stress