

Chapter 1: Introduction

1- The Importance Of Stress

2- The History Of Stress

- 14th Century

- 17th Century

- 19th Century

- 20th Century

- * Cannon's Concept, Fight or Flight

- * H. Selye: GAS

- * R. Lazarus: Coping & Appraisal

- * Holmes & Rahe SRRS

- * Studying Stress in Egypt

Chapter 2: Stress Concept and Definition

1- The Origin Of The Concept

2- Stress as a Stimulus : (Events iminging on the person) (Conditions arising within the person and arising from neurological characteristics)

3- Stress as response:

4- Stress as relationship

Chapter 3: Determinants of Stress

- * Definition of stressor
- * Characteristics of stressful events:
 - Negative → Positive
 - Uncontrollable → Controllable
 - Ambiguous → Clear-Cut
 - Overloaded People → People With Fewer Tasks
 - Central Life Domains → Peripheral Life Domains
 - Physiological Activity
 - Psychological Characteristics

Chapter: 3,2

Indicators of stress

a-Self reports

b- Behavioral measures

c-Physiological measures

d- Biochemical markers

Chapter: 3-3

Causes of Stress

*** The Bases of Stress Causes Classification**

- 1- Stressful Life Events
- 2- Daily Hassles
- 3- Chronic Strains

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- 1- Social and Economic Stressors (Political Climate, National Security)
 - 2- Personal and Family Life Stressors (Problems With Family Members, marital Dysfunction)
 - 3- Internal Stressors (Self Expectation, Fear of Loosing Job, Fear Of Being ill)
 - 4- Job and Occupational Stressors.

- * Organization Stressors: Bureaucracy, Changes in Organization
- * Job Stressors: Amount of Work, Work Overload, Job Insecurity)
- * Career Stressors: Lack Of Clear Goals, Poor Management)
- * Relationship Problems Stressors: Problems With Supervisor, Conflict With Colleagues)

Chapter 4: Stress Consequences

Presence Of a Potential Stressor (a Situation That Requires an Adjustment by the Individual)	
Awareness and Appraisal Of The Potential Stressor	
Attempts To Cope With the Potential Stressor (Constructive attempts to Solve the Problem or Adjust to it)	
	If Coping is Effective, The Process Stops.

<p>Stress Response</p> <pre> graph TD A[Stress Response] --> B["Psychological Responses (e.g. Anxiety)"] A --> C["Physiological Responses (e.g. Heart Rate)"] </pre>	
<p>Defenses (Attempts To Reduce Stress With Solving the Underlying Problem) Abnormal Behaviors</p>	
<p>Defense Reduces Stress But Distorts Behavior (e.d. agoraphobia)</p>	<p>Defense Fails and Physiological Arousal Persists (e.g. anxiety)</p>
<p>Defense Fails and physiological Arousal Persists (e.g. Physical health problem)</p>	<p>Defense Fails and Stress Triggers Predisposition (e.g. Schizophrenias, depression)</p>

Chapter 4: Stress Consequences

1- Physical diseases and Problems

- * digestive tract
- * reproductive organs
- * lunge
- * hair
- * skeletal – muscular system
- * Bladder
- * skin

2- psychological and behavioral problems :

- anger & aggression
- irritability & fatigue
- nervousness
- tension and boredom
- panic- attacks
- phobias
- tics

chapter 5: Stress management strategies

1- introductory information :

- the difference between treatment and management
- what is coping?
 - * the process of managing demands that are appraised as taxing the resources of Person
 - * effective stress management has clear health benefits
- determinates of effective coping
 - * personality traits
 - * internal resources
 - * external resources
 - * the type of coping itself
 - * heredity
 - * level of health
 - * environment
 - * the severity of stressful situations
 - * energy level

Chapter 5-2

Stress management : guidelines

Examples :

- 1-get ride of less effective strategies
- 2-develop your self management skills
- 3-improve your emotional management
- 4-improve your problem – solving approach

specific techniques for stress management

- 1-Relaxation training
- 2-social skill training
- 3-Good health education
- 4-Positive self –talk

Chapter 6: Burn out

- 1-The reality of burn out
- 2- symptoms of burnout
 - . Physical exhaustion
 - . Emotional exhaustion
 - . Mental exhaustion
- 3- Burnout measurement
- 4- Reactions to burn out
 - . Change jobs
 - . Move up to a management position
 - . Endure it
 - . Change professions
 - . Move ahead
- 5- Burnout causes and cures
 - . Dysfunctional work environment
 - . Trying to master each new job function