Bio feedback: Combines physiological Psychological. Individual wired up to machine-provides feedback on physiological process. Person helped to develop techniques for reducing physiological arousal e.g. Progressive muscle relaxation, visualising calming scenarios, meditation. Aim-individual can develop own techniques to lower heart rate and blood pressure, using biofeedback to see if it is successful. Should be able to apply to real life after training without biofeedback.

Progressive muscle relaxation:

Common component in CBT.
Stress gives physiological arousal-relaxing body muscles and reducing arousal reduces physiological arousal.
Jacobson: Muscles alternatively tensed and relaxed in a systematic fashion. When trained enough can achieve relaxation without tensing and relaxing.
Rapid achievement gives client sense of control.

Meditation:

Similar to muscle relaxation-immediate effect of reducing bodily Arousal. Focusing away from immediate situation to dwell on neutral or relaxing stimuli. Helped using Manta concentrate on steady and deep breathing, works against bodily arousal.

Beta Blockers: Work quickly, reduce symptoms rapidly. Hidalgo found that BZ’s in low regular doses slowed the rate of cholesterol progressively. Not consistent across all types of stress. Can be prescribed immediately, range of treatments increasing. Long term use can lead to psychological and physiological dependency, activation of withdrawal symptoms-anxiety, tremors, headaches. Not as much of a problem compared to BZ’s as Beta blockers don’t have a significant effect on the brain. BZ’s can cause drowsiness and affect memory. Only target symptoms not causes, drugs help in the short term aren’t a long term solution and can prevent the real cause of stress from being addressed if its not psychological, best used with acute stressors.

CBT: SIT focus’s on identifying the sources of stress and how to cope with them. Stress occurs as there is a gap between personal demands and resources to cope with them SIT aims at reducing this producing a realistic appraisal of demands. Training gives client some control over stressful situations can be seen as emotion focused as it reduces the arousing effects of stress. Takes time, commitment and money, not suitable or available to everyone.

Kobasa’s Hardiness training: Targets appraisal of sources of stress and, through training, the resources available for dealing with them. Reduces gap between demands and coping resources. Provides client with increased self efficacy-enabling them to deal with future stressful situations more effectively. Involves time commitment, money-not appropriate for everyone.

Biofeedback: Effective in controlling heart rate and treatments of headaches caused by muscle tension, breathing patterns improved with people with panic Disorder. Harmless, no side effects, requires motivation and commitment for it to be successful. May not be any more successful than relaxation techniques.

Progressive muscle relaxation/meditation: reduce arousal associated with stress, give the client a sense of control over stressful situation, neither target the source of stress or provide skills for dealing with it, can be useful in more systematic and focused methods.