COPING WITH STRESS: Mid and Adolescence

Stress - a surge of hormones in your body
- The hypothalamus reacts by stimulating the body to produce hormones that include adrenaline & cortisol
- Wide range of strong external stimuli
- Produce general adaptation syndrome

Cortisol - Stress hormone, increases energy (glucose) to run or to fight

Stressors: term to denote cause of stress

COMMON STRESSORS:
1. Physical Appearance
2. School/Academic Pressure
3. Family/Home
4. Social/Peer Pressure
5. Loss
6. Frustration
7. Romantic Relationship
8. Future

EFFECTS OF STRESS:
Physical: Low energy, headaches, upset stomach, constipation, diarrhea
Emotional: easily agitated, frustrated mood, feeling overwhelmed, avoiding others
Cognitive: think, reason, react & respond to situations
Behavioral: Eating pattern, Loss of appetite, anorexia, & weight loss

POWER OF MIND
BRAIN: the portion of central nervous system within the skull

2 HEMISPHERES: LEFT AND RIGHT
- Cerebrum: Largest part of the Brain
- Cerebral Cortex: Gray matter of the brain and outmost layer

DIVISIONS OF BRAIN:
Frontal: Control thinking, planning, organizing
Parietal: sensory, taste & temperature
Occipital: images & eyes & memory
Temporal: smell, taste, & sound, memory storage

- Limbic system: structures deep within the brain control emotions & memories
- Thalamus: gatekeeper for message
- Hypothalamus: controls emotion (LOVE)
- Hippocampus: send memories to be stored

RIGHT BRAIN INDIVIDUAL:
- Be shown rather than told
- Solves patterns
- Draw than write
- Physical handle objects
- Answer open ended questions

LEFT-BRAINED INDIVIDUALS
- Structure plan
- Plan
- Work alone
- Solves problems with logic
- Respond to word meaning
- Sequential
- Plans ahead
- Recall people’s names

MENTAL HEALTH AND PSYCHOLOGICAL WELL-BEING
Mental Health - includes emotion, psychological & social well-being

FACTORS CONTRIBUTE MENTAL HEALTH
1. Biological
2. Life experiences
3. Family History

MENTAL HEALTH AND WELLNESS
POSITIVE MENTAL HEALTH ALLOWS PEOPLE TO:
a. Realize their full potential
b. Cope with stress
c. Work productively
d. Make meaningful contributions to their community

WAYS TO MAINTAIN POSITIVE MENTAL HEALTH:
➢ Getting professional health
➢ Connecting with others
➢ Staying positive
➢ Getting Physically active
➢ Helping others
➢ Getting enough sleep
➢ Developing coping skills

WELLBEING - Dynamic concepts includes subject & social phenomenon as well as health related behavior.

PSYCHOLOGICAL WELL-BEING
- A theoretically grounded instruments that specifically focuses on measuring multiple facets

FACETS INCLUDES:
1. Self-Acceptance
2. The establishment of quality ties to others
3. A sense of autonomy in thought & action
4. The ability to manage complex environments
5. The pursuit of meaningful goals & sense of purpose in life
6. Continued growth & development