

# Stress & Health



Wanna see stress? [Click my face!](#)

# Health Psychology

biopsychosocial model

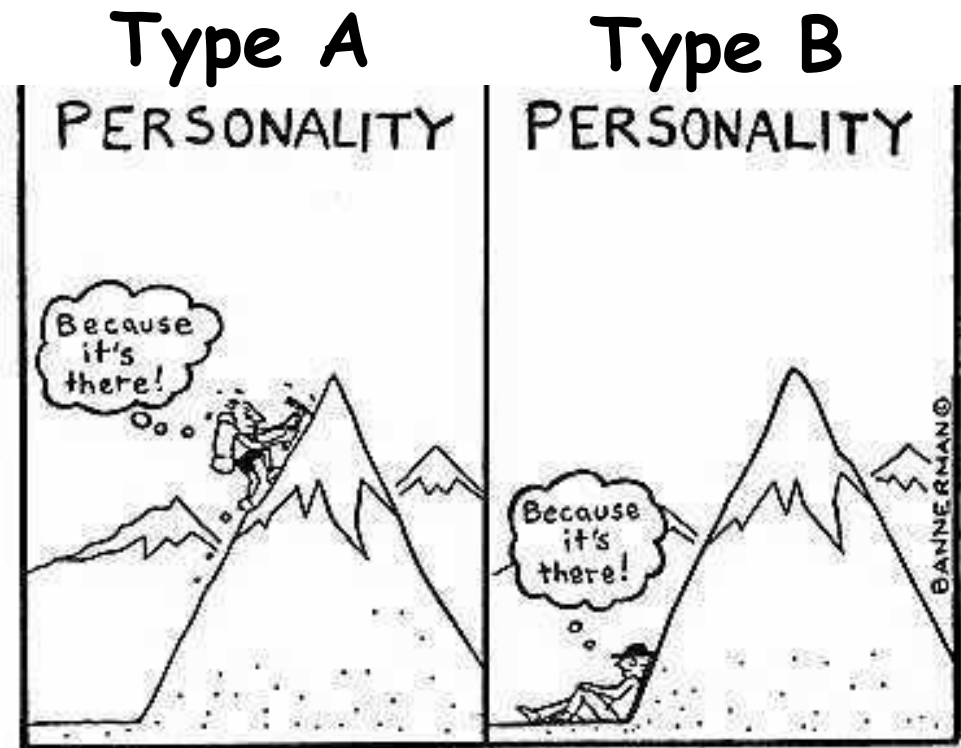


psychosomatic problems

coping strategies



attitudes



personality factors

# STRESS

*types of stress*



eustress

distress

*types of stressors*

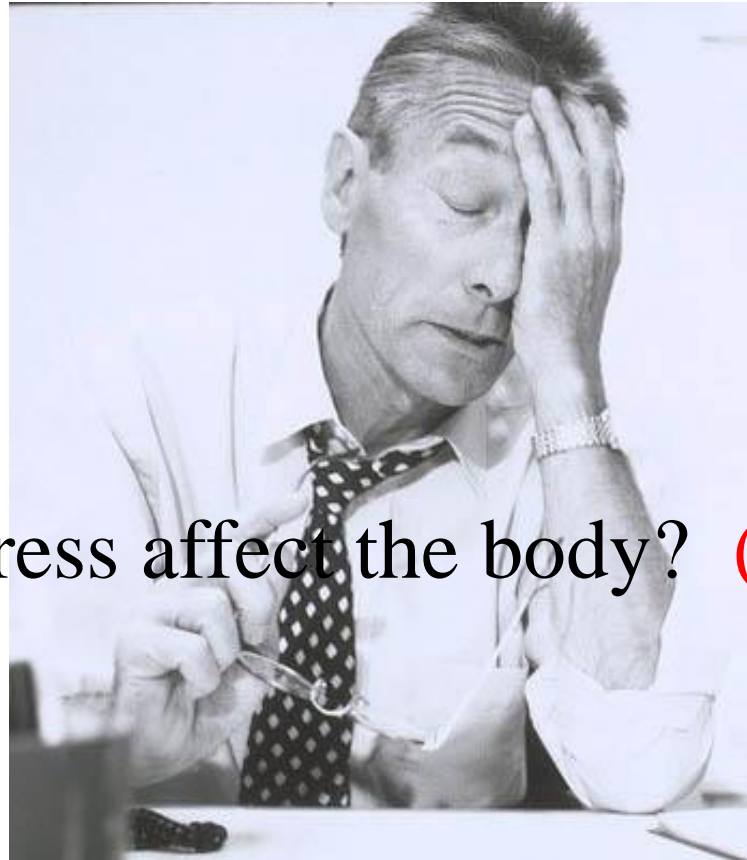


frustration

conflict

change

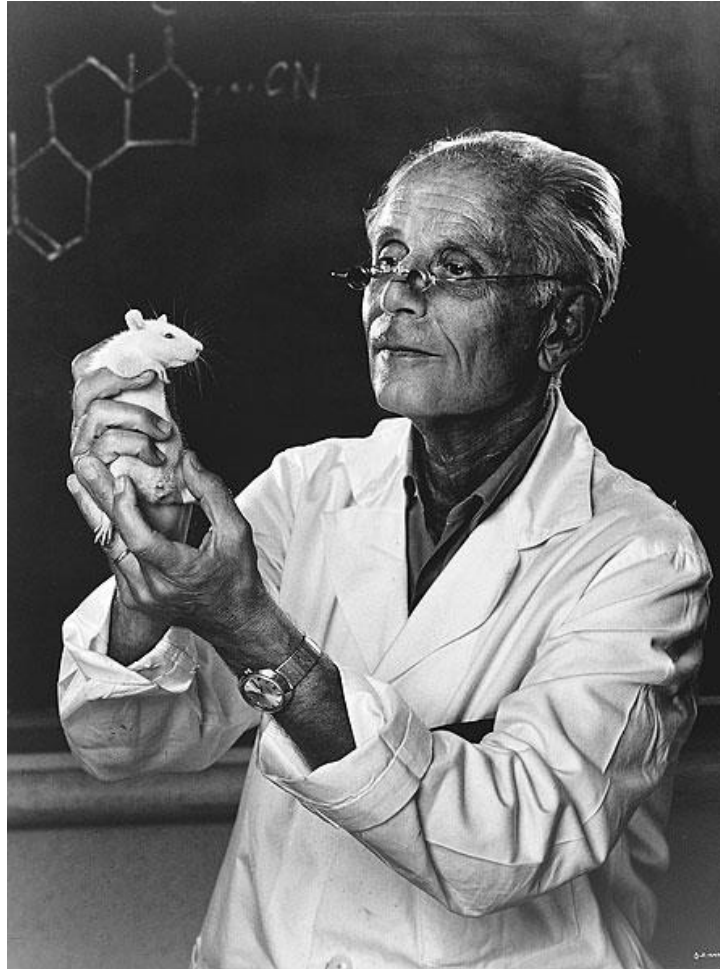
pressure



How does stress affect the body? (Click my face!)

# Prolonged Stress

Hans Selye



General Adaptation  
Syndrome (GAS)

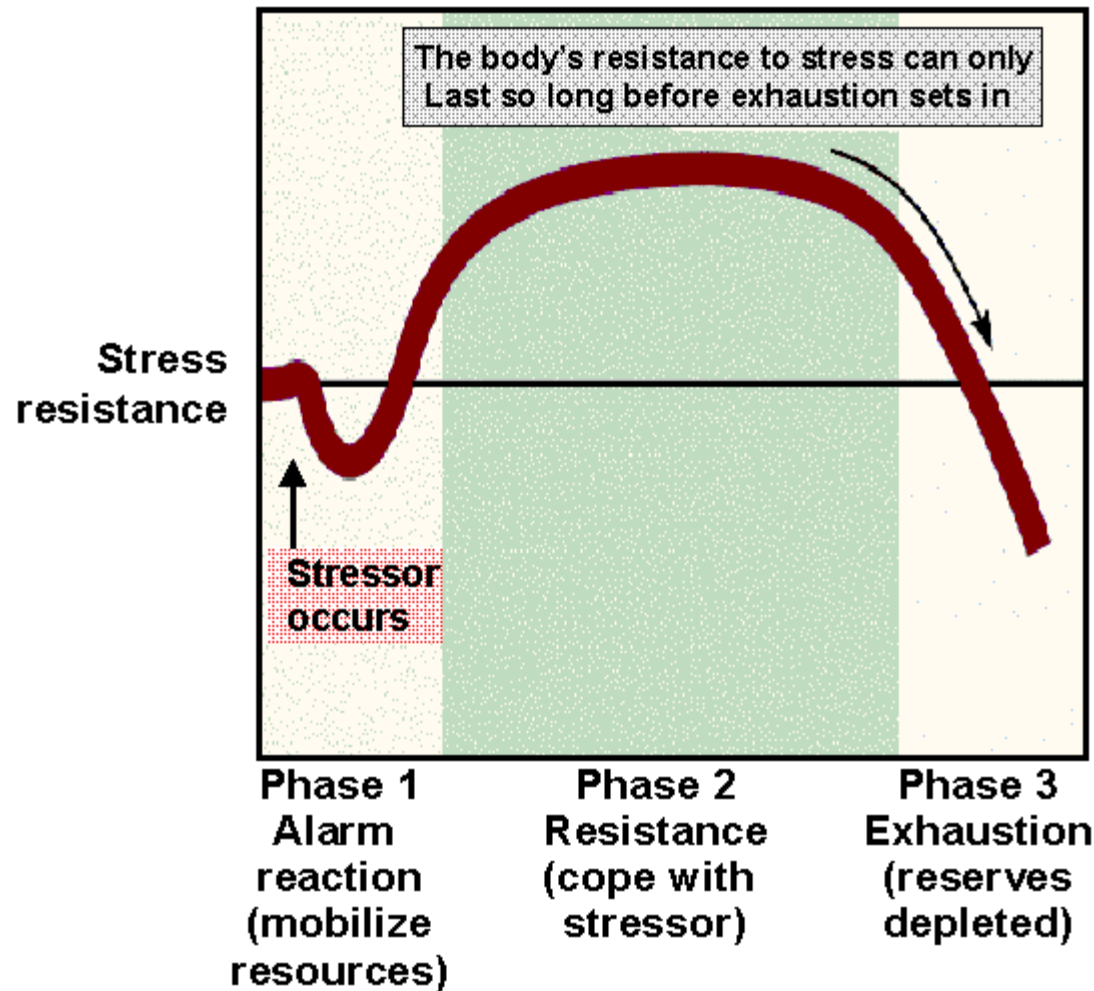
Diathesis-Stress Model

What happens to the mind/body when under long-term stress?

# Prolonged Stress

Hans Selye

General Adaptation  
Syndrome (GAS)



Diathesis-Stress Model

# Control & Health



# Can You Control Your Own Destiny?

TRUE or FALSE?

1. When I am certain that I am right, I can convince others.
2. It's probably silly to think that I can change someone's basic attitudes.
3. Success in school or work is due mainly to my own efforts and frame of mind.
4. Whether I make a lot of money in life is mostly a matter of luck.
5. There's not much that a disadvantaged person can do to succeed in life unless he or she is educated.
6. Assuming there are two teams of equal skill, the cheering of the crowd is more important than luck in determining the winner.
7. Most problems work themselves out.
8. I sometimes get a feeling of being lucky.
9. I own a good luck charm.
10. It's better to be smart than lucky.

# Locus of Control

To tally your score, give yourself 1 point for each response that matches yours:

(1) true, (2) false, (3) true, (4) false, (5) false, (6) true, (7) false, (8) false, (9) false, (10) true

Figure 1: Locus of Control

External  
Locus of Control

Internal  
Locus of Control



Outcomes outside your control – determined by “fate” and independent of your hard work or decisions

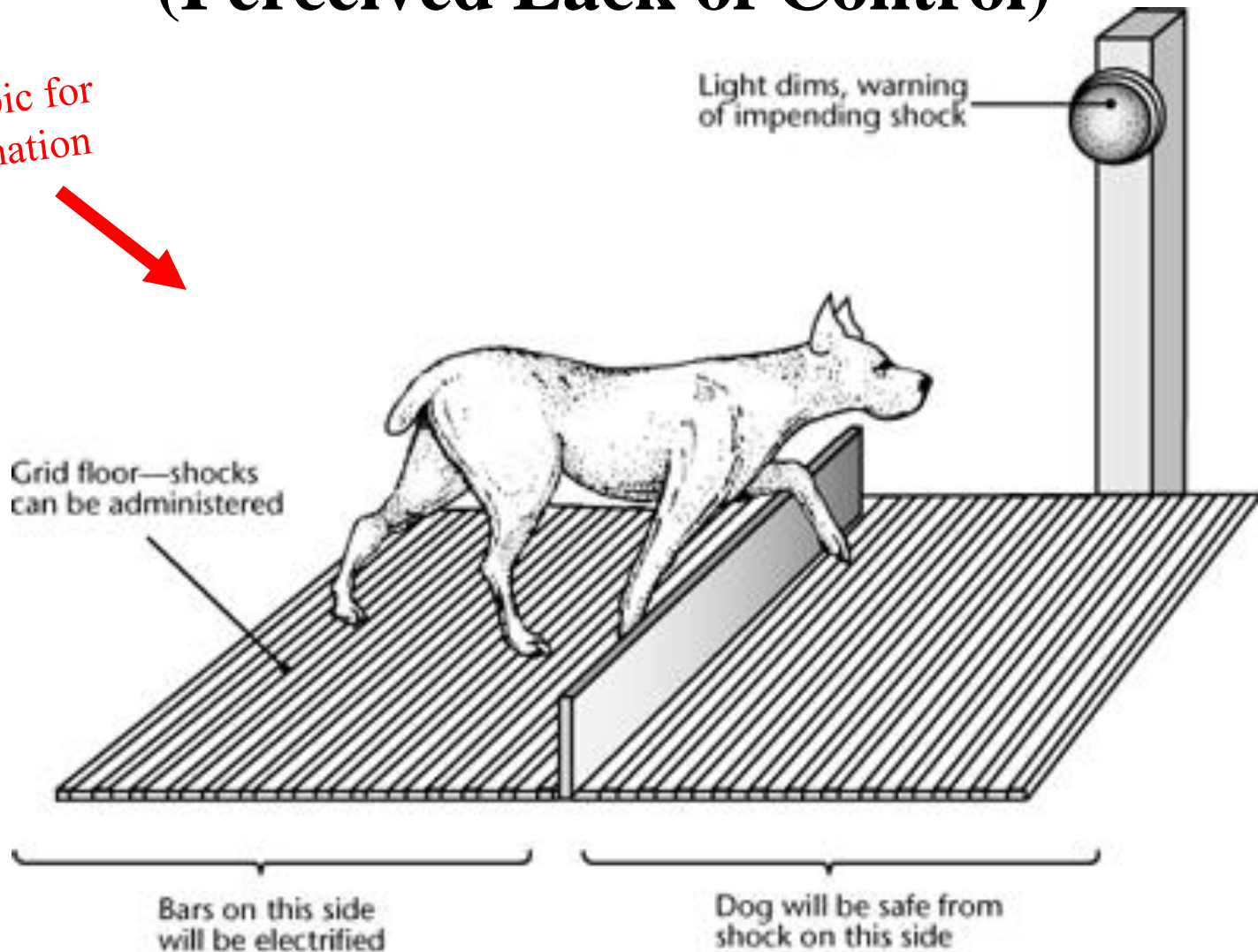
Outcomes within your control – determined by your hard work, attributes or decisions

How does this relate to *self-efficacy*?



# Learned Helplessness (Perceived Lack of Control)

Click pic for  
explanation



[Click here to see learned Helplessness in School \(4 min.\)](#)

**And the single most important  
factor correlated with health,  
longevity, happiness, and  
success...?**

# Impulse Control (Emotional Intelligence)



The Marshmallow Test (5 min)

*Delayed Gratification*

*Self Discipline*