

Immunity

Stress

- **Defining**
 - Universal response to change ~ homeostasis
 - Positive and negative experiences
 - DX development or exacerbation
 - Coping → negative behaviors
- **Response to stimuli or stressor → series of nonspecific events**
- **General adaptation syndrome**
 - Protective stress response
 - Systemic manifestations ~ attempt to cope
- **Local adaptation syndrome**
 - Confining stressor ~ tissue trauma → local inflammation
- **Individual variability**
 - Genetics, age, gender, life experiences, dietary status, social support
 - Positive presence
 - Coping strategies
 - Physical activity, adequate sleep, optimal diet
 - Relaxation, distraction, and biofeedback
 - Maladaptive coping strategies
 - Smoking, substance abuse, overeating
- **Affecting factors**
 - Natural reserves, time, genetics, age, gender, health status, nutrition, sleep-wake cycles, hardiness, psychosocial

3 Stages of Adaptation

- **Alarm**
 - "Fight-or-flight" response
 - Sympathetic & endocrine stimulation → catecholamines & cortisol
 - ↑ HR, respirations, diaphoresis, blood flow, muscle strength, mental alertness, fat & protein mobilization, glucose availability
 - ↓ Inflammation
- **Resistance stage**
 - Most optimal defense chosen
 - Fight-or-flight symptoms disappear
 - Adaption, altered compensation
 - Desensitization ~ stress management techniques (e.g.,

Lvs Nurs Lifting Patients Mod 3

Ying Liu



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