

به نام خداوند جان آفرین

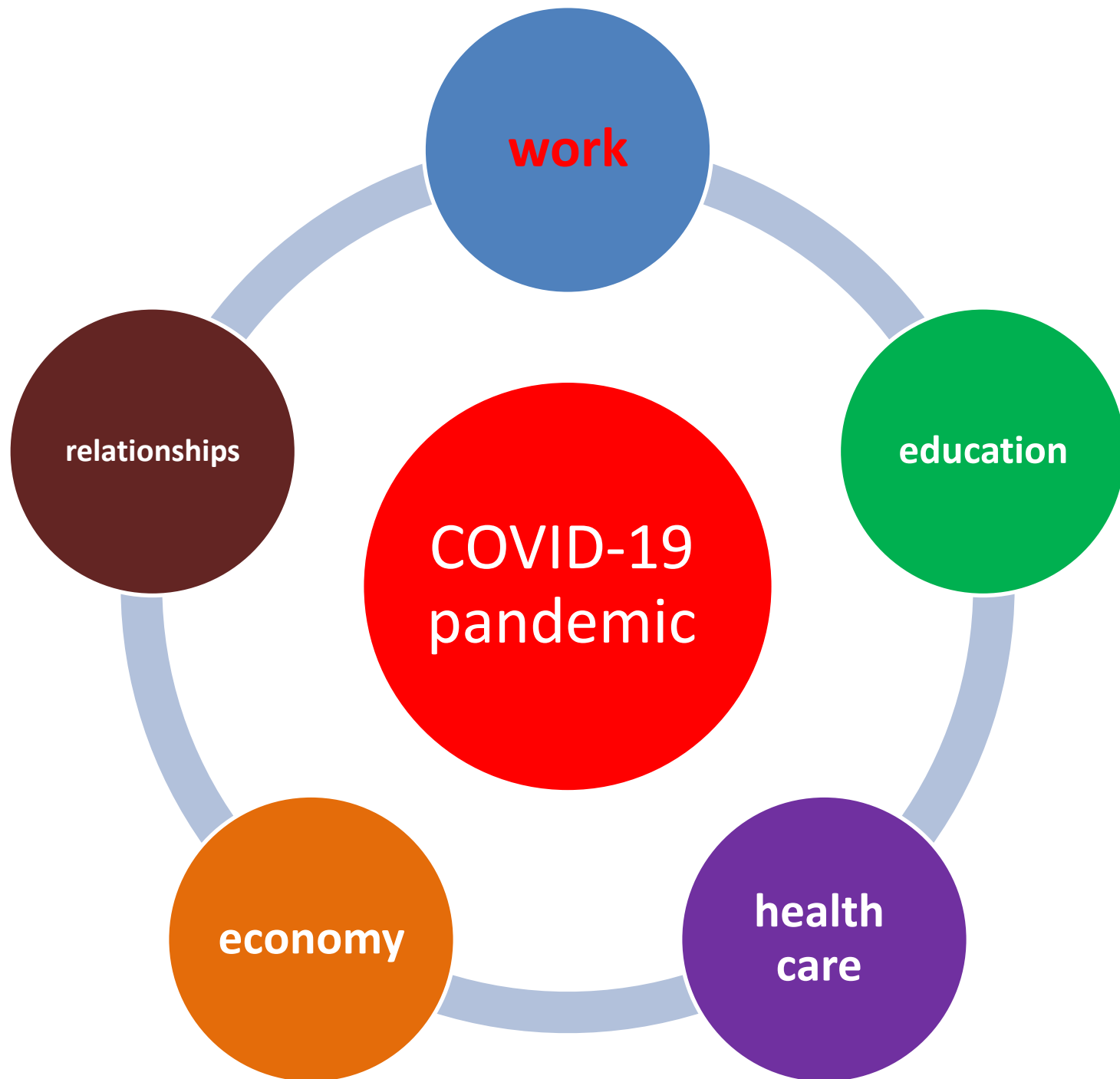


Stress and covid-19

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DECEMBER 2020

- **introduction**
- **Definition**
- **Stress/ stressor/ eustress/distress.**
- **Stress models.**
- **Complications of stress during an covid-19 outbreak.**
- **Coping.**
- **Healthy ways to cope with stress.**





استرس یک تجربه هیجانی منفی است که با تغییرات بیوشیمیایی
'روان شناختی و رفتاری همراه می شود.



PHYSICAL STRESSORS**MENTAL STRESSORS****ENVIRONMENTAL**

HEAT, COLD, OR WETNESS
VIBRATION, NOISE, BLAST
HYPOXIA (INSUFFICIENT OXYGEN), FUMES, POISONS,
CHEMICALS
DIRECTED-ENERGY WEAPONS/DEVICES
IONIZING RADIATION
INFECTIOUS AGENTS/DISEASES
SKIN IRRITANTS OR CORROSIVES
PHYSICAL WORK
BRIGHT LIGHT, DARKNESS, HAZE, AND OBSCURATION
DIFFICULT OR ARDUOUS TERRAIN

PHYSIOLOGICAL

SLEEP DEBT
DEHYDRATION
MALNUTRITION, POOR HYGIENE
MUSCULAR AND AEROBIC FATIGUE
IMPAIRED IMMUNE SYSTEM
OVERUSE OR UNDERUSE OF MUSCLES, ORGAN
SYSTEMS
ILLNESS OR INJURY

COGNITIVE

INFORMATION: TOO MUCH OR TOO LITTLE
SENSORY OVERLOAD VERSUS DEPRIVATION
AMBIGUITY, UNCERTAINTY, ISOLATION
TIME PRESSURE VERSUS WAITING
UNPREDICTABILITY
RULES OF ENGAGEMENT, DIFFICULT JUDGMENTS
ORGANIZATIONAL DYNAMICS
HARD CHOICES VERSUS NO CHOICES
RECOGNITION OF IMPAIRED FUNCTIONING

EMOTIONAL

FEAR- AND ANXIETY-PRODUCING THREATS (OF INJURY,
DISEASE, PAIN, FAILURE, LOSS, PERSONAL OR
MISSION FAILURE)
GRIEF-PRODUCING LOSSES (BEREAVEMENT)
RESENTMENT, ANGER- AND RAGE-PRODUCING
FRUSTRATION, THREAT, LOSS, AND GUILT
BOREDOM-PRODUCING INACTIVITY
CONFLICTING MOTIVES (WORRIES ABOUT HOME,
DIVIDED LOYALTIES)
SPIRITUAL CONFRONTATION OR TEMPTATION CAUSING
LOSS OF FAITH
INTERPERSONAL FEELINGS

stressor

eustress



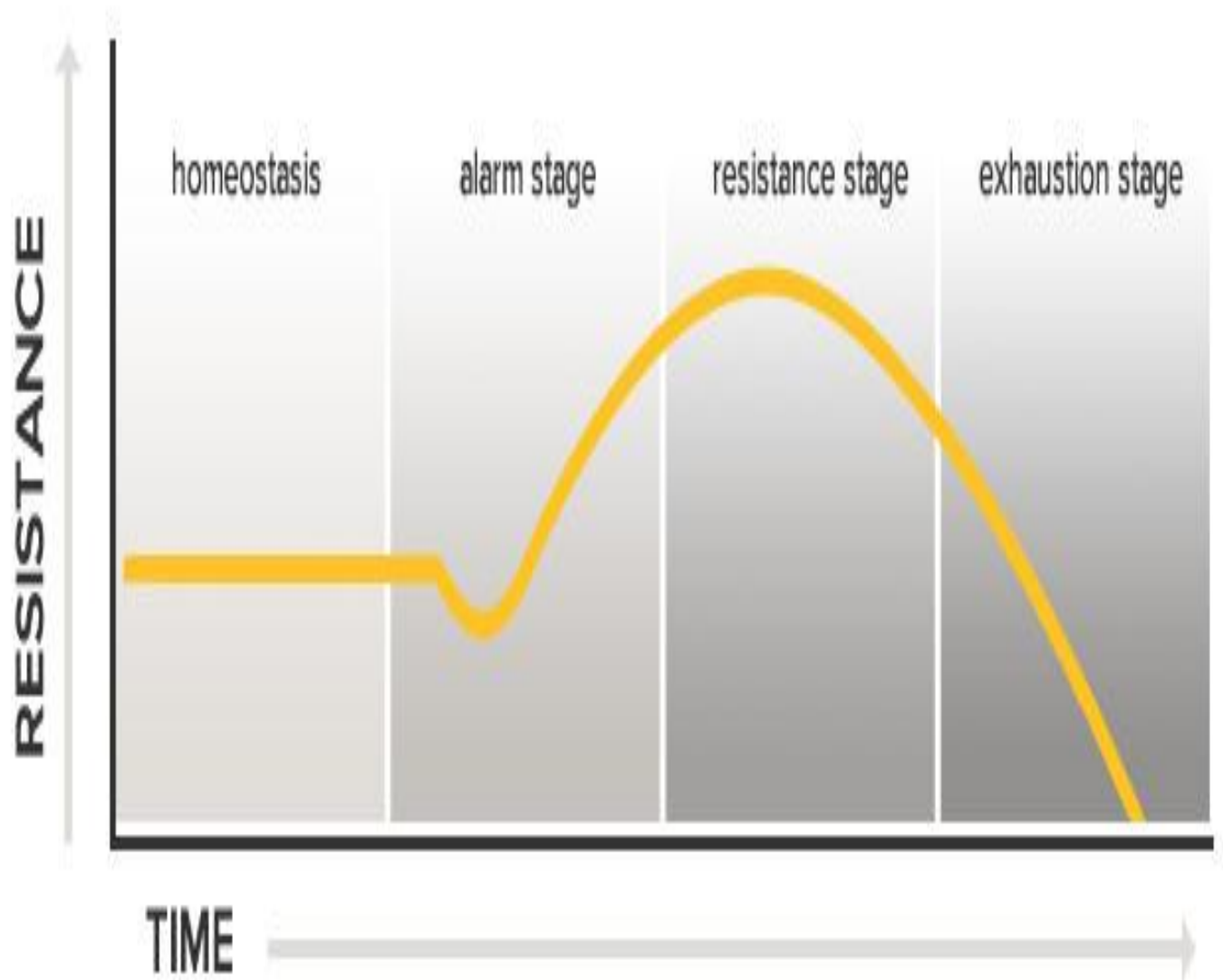
distress



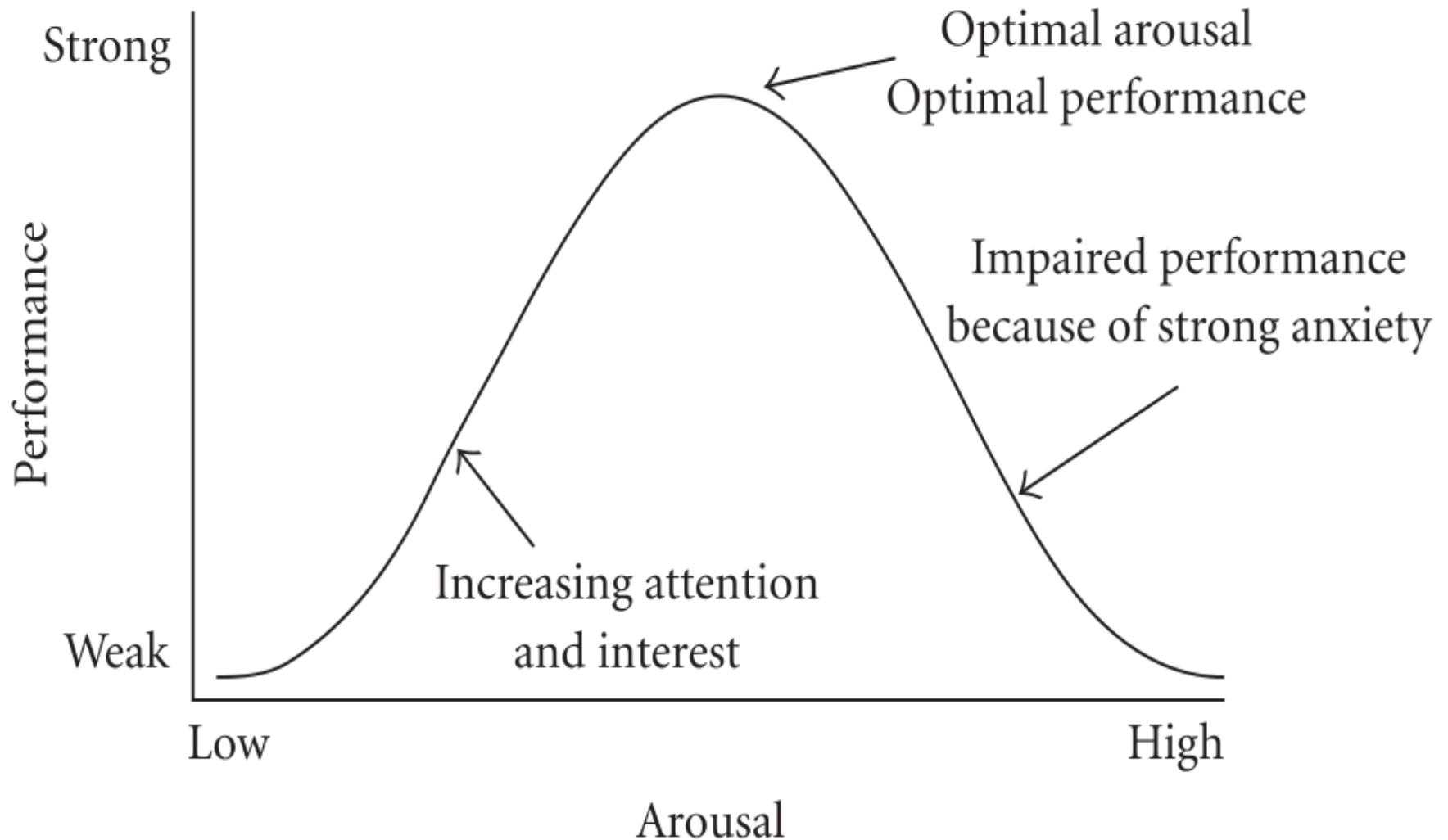


Hans Selye
1907-1982

Selye's General Adaptation Syndrome



Yerkes–Dodson law-1908





Richard Lazarus
1922-2002





Meichenbaum's 3 phases of SIT

1. Conceptualisation Phase

- *Therapist/client relationship created*
- *Educated about nature & impact of stress*
- *Taught to breakdown global stressors*

2. Skills & Acquisition Phase

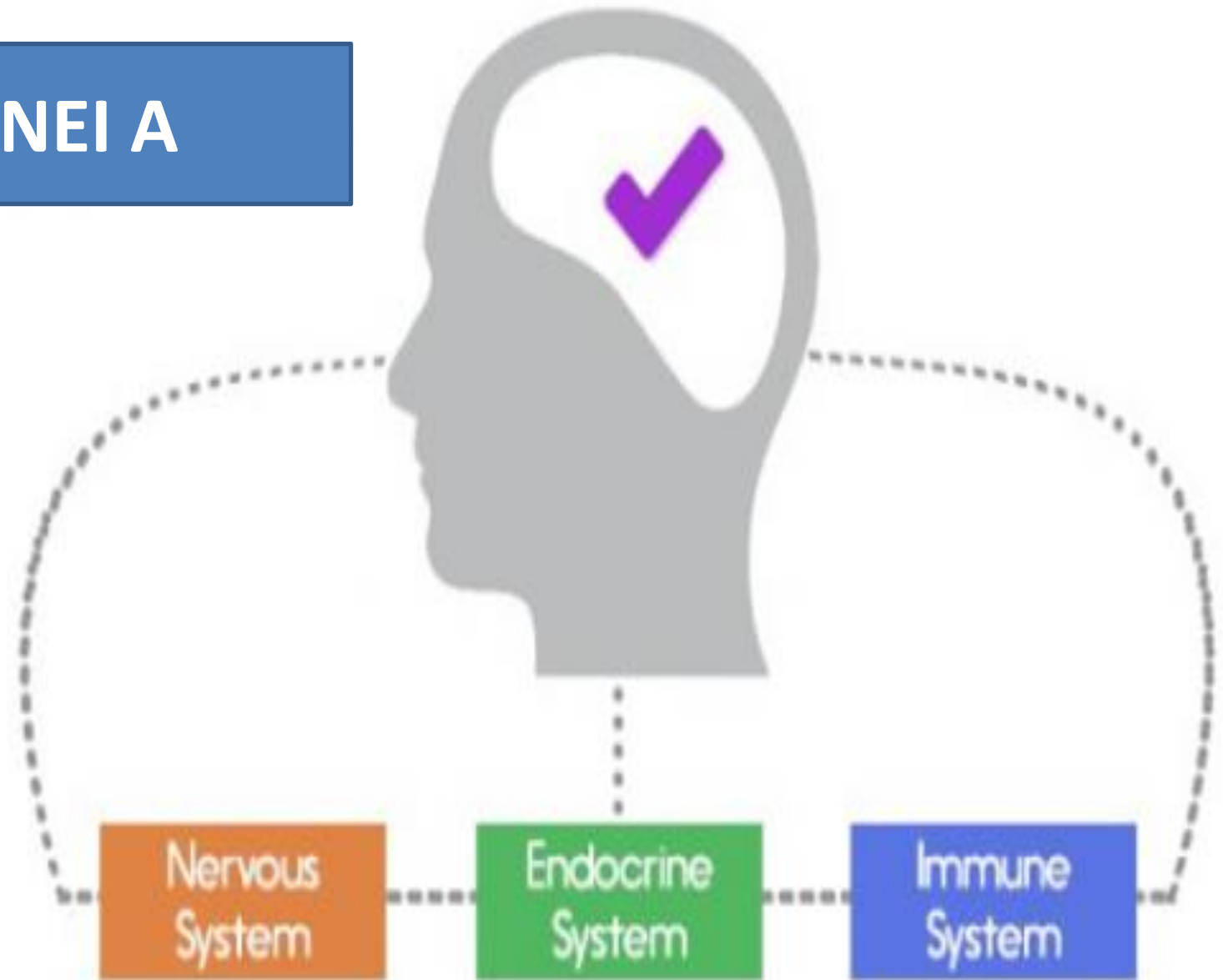
- *Coping skills are taught & practised*
- *Taught to use coping self-statements*
- *Cognitive and behavioural skills are taught*

3. Application Phase

- *Opportunity to apply newly learned skills in different situations*
- *Clients may be asked to train others*
- *Booster sessions are offered*

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PNEI A





Stress during an infectious disease outbreak can sometimes cause the following:

1-Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.

2-Changes in sleep or eating patterns.

3-Difficulty sleeping or concentrating.

4-Worsening of chronic health problems.

5-Worsening of mental health conditions.

6-Increased use of tobacco, and/or alcohol and other substances.

Covid-19 and older old



stress affects your health



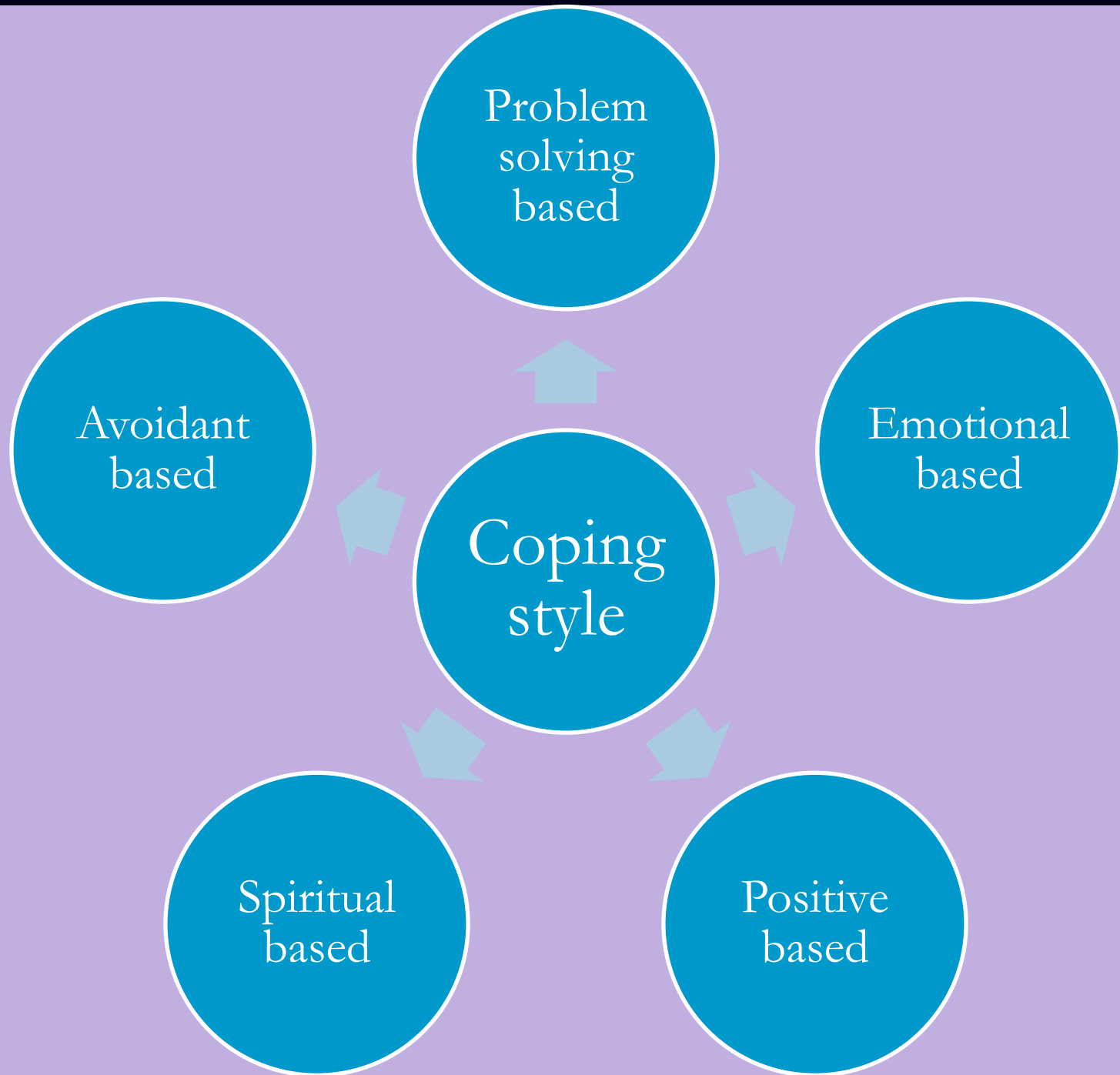
Stress and education failure





تعريف مقابله

فرايند كنترل و اداره موقعيت پيش آمده با استفاده بهينه از منابع دروني و بيروني مقابله ناميده مي شود.



Healthy ways to cope with stress

- Know what to do if you are sick and are concerned about COVID-19.
- Know where and how to get treatment.
- **Take care of your emotional health:**
 - - Keep your pleasurable activities.
 - - Rest your mind . Take breaks from watching, reading, or listening to news stories.
 - - Reframe your thinking.
 - - Take a moment in nature.
 - - Make time to unwind.
 - - Identify what's causing stress.
- **Take care of your body:**
 - - Protect your sleep.
 - - Relax your muscles.
 - - Protect your sleep.
 - - Seek good nutrition.
- **Connect with others.**
 - Connect with your community- or faith-based organizations(CDC,2020).
 - Get help.
 - Try to eliminate the stressors(APA,2020).



kindness

supportive





از همکاری شما سپاسگزارم

خدا نگهدار