

Environment

Stimuli / situation; conflicts, wars, flight, spatial / temporal uncertainty, trauma / mistreatment



Goals, values, beliefs, self-concept

Primary assessment

Secondary assessment

Coping

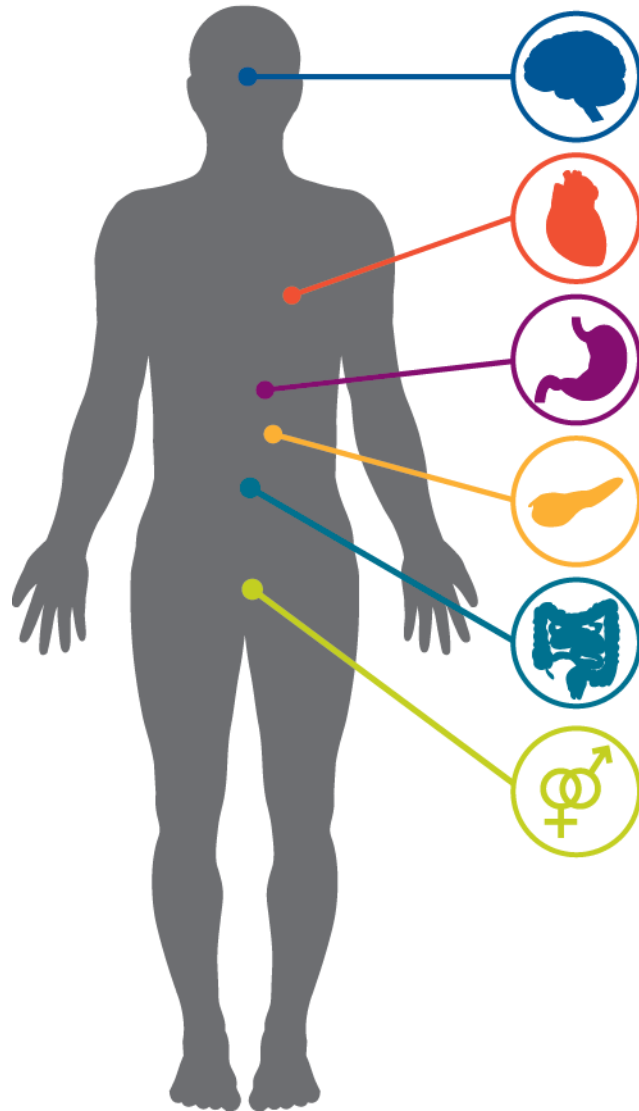
Consequences

Challenge
Threat
Damage / loss

Coping Skills and Opportunities: Material Resources (Rooftop, Nutrition, Health Insurance, Language Course) Personal Resources: Intelligence, Education, Skills Social Resources (Families, Friends, Mentors)

Problem-based coping: actively fighting back, looking for other alternatives, demanding social support.
Emotional coping: distraction, medication, relaxation, abreact, reinterpretation.

Effects of Stress on the Body



Brain and Nerves: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)

Heart: Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack

Stomach: Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite

Pancreas: Increased risk of diabetes

Intestines: Diarrhea, constipation and other digestive problems

Reproductive Organs: For women-irregular or painful periods, reduced sexual desire. For men-impotence, low sperm production, reduced sexual desire

Other: Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)

